



OVEN-ROASTED BBQ TURKEY LEGS

Ingredients

Flour dredge:

- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp cayenne
- 1/2 cup flour

BBQ sauce:

- 1/2 cup ketchup
- 1/3 cup honey
- 1/3 cup soy sauce
- 2 tstp chicken broth powder
- pepper
- cayenne
- canola oil

The Meat:

- 4 turkey legs (~2.5 lb)

Preparation

1. Pre-heat the frying pan and oil in med-high heat.
2. Make a flour dredge with the flour, salt, pepper and cayenne pepper powder.
3. Dredge the turkey legs and slightly massage the flour mixture into the skin and meat.
4. Pre-heat oven to 325°F.
5. Fry the turkey legs on all four sides (about 5 minutes each side) until golden brown.
6. After frying, place legs on an oven-safe pan. Brush on bbq sauce on the turkey legs.
7. Cover the pan with aluminum foil before placing in the oven. Roast for 30 minutes.
8. Take the pan out, remove the foil and brush the 2nd coating of bbq sauce. Cover and return it to the oven. Roast for another 30 minutes.
9. Repeat Step #8 but do not cover the pan with foil. Roast another 30 minutes.
10. Take out of the oven and brush on the 4th and last coating of bbq sauce. Cover with foil and let it sit for 10 minutes.
11. EAT. It tastes good on their own, or with mashed potato and bread as sides, or with rice. I devoured it with rice the next day. It was so good.

Happy Roasting!

This is an original recipe from **Gourmeted.com**. If you have questions regarding this recipe, contact us at gourmeted@gmail.com.