



## **CINNAMON CHICKEN**

### **Ingredients**

1. One whole chicken
2. Salt, pepper, ground cinnamon
3. None stick pot with a tight lid
4. Cooking oil

### **Procedure**

1. Wash the chicken
2. In the pot put enough oil to cover the base then put the chicken in on its back.
3. Sprinkle salt and pepper (black and red to taste).
4. Sprinkle cinnamon until the chicken is fully covered on all sides (you need a lot)
5. When you think you have enough cinnamon, add a bit more.  
Did I mention that you need a lot?
6. Cover and put the pot in low great (3 out of 10 or so)
7. In about an hour the chicken will start to “sweat” and juices will fill the button of the pot
8. In about another 1.5 to 2 hrs the check-in is cooked. You will be tempted to increase the heat. DON'T. Slow and steady.
9. Serve with rice and well-salted sliced tomatoes.