

Sticky Chicken

- Buy a whole chicken.
- Wash it out.
- Rubb the chicken down with Rowdy Rubb either the night before or the day of cooking
- Add onions or other vegetables into the chicken
- Set oven to 250 degrees
- Place chicken in roasting pan and add some water to the pan
- Bake for 4-5 hours depending on size of chicken
- Baste every hour with juices from pan
- Cook some yellow rice on the stove to accompany the chicken
- Pour sticky chicken juice over rice
- Enjoy!