

Recipe of the Week 1st September 2010

BBQ Chicken

INGREDIENTS:

For the chicken

2 tables salt

2 teaspoons chili powder

1 teaspoon garlic powder

1 teaspoon freshly ground black pepper

2 chickens (each cut in 10 pieces, backbone removed)

2 tablespoons olive oil

For the BBQ sauce

1 tablespoon olive oil

1 chopped onion

4 tablespoons ketchup

3/4 pint low-sodium chicken broth

1/4 pint apple cider vinegar

3 oz dark brown sugar

3 tablespoons treacle

1 tablespoon Worcestershire sauce

1 tablespoon chili powder

1 teaspoon garlic powder

1 teaspoon smoked paprika

1/8 teaspoon cayenne pepper

1 teaspoon dry mustard

1 teaspoon ground cumin

1 teaspoon ground coriander

METHOD:

For the chicken:

In a small dish, or better still a plastic bag, combine the salt, chili powder, garlic powder, and black pepper. Season the chicken on both sides with this spice mixture. Drizzle

with the olive oil. Cover and refrigerate for 1 to 2 hours.

For the BBQ sauce:

Heat the olive oil in a medium saucepan over medium heat. Sauté the onions until transparent, 7 to 8 minutes. Stir in the remaining ingredients. Bring to a low boil; reduce the heat to low, and simmer, stirring occasionally, for 30 minutes.

Meanwhile, preheat the oven to 350°F and heat the grill to medium-high.

Brush the grill with oil. Place the chicken skin side down and cook 5 minutes. Turn and cook an additional 5 minutes. Place the chicken in a baking dish in one layer. Pour the BBQ sauce over the chicken. Cover tightly with aluminum foil. Bake for 45 minutes, until fork tender.

Yummy! And cheap!