

Treasure Barrel

Caramelized BBQ Chicken Thighs in the Oven

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Chicken

- [ ] 8 bone-in, skin-on chicken thighs (about 1.5 lbs)
- [ ] 2 tablespoons olive oil
- [ ] Salt and freshly ground black pepper, to taste

BBQ Sauce Mixture

- [ ] 1 cup tangy barbecue sauce
- [ ] 2 tablespoons honey
- [ ] 1 tablespoon Worcestershire sauce
- [ ] 1 teaspoon smoked paprika
- [ ] 1/2 teaspoon garlic powder
- [ ] 1/2 teaspoon onion powder
- [ ] 1/4 teaspoon cayenne pepper (optional)
- [ ] 2 tablespoons soy sauce
- [ ] 2 tablespoons olive oil

Finishing Touches

- [ ] 2 tablespoons unsalted butter, melted
- [ ] Fresh parsley, chopped (for garnish)
- [ ] Large lemon, cut into wedges (optional)

Instructions

1. First things first, let's get the oven warming up to 425°F (220°C). I like to line my baking sheet with parchment paper and set a wire rack right on top—it just helps the air circulate better, you know?

2. Now, take a moment to pat those chicken thighs dry with paper towels. Honestly, this is the secret to a good crisp. Once they're dry, go ahead and season them generously with salt and pepper on both sides.

3. In a medium bowl, we'll whisk together the tangy barbecue sauce, honey, Worcestershire sauce, smoked paprika, garlic powder, onion powder, that optional pinch of cayenne pepper, soy sauce, and olive oil until it's all lovely and blended.

4. Brush each thigh with just a thin layer of olive oil and place them skin-side up on the wire rack. I usually add one more little pinch of salt and pepper over the top for good measure.

5. Pop them in the oven for 20 minutes. You're looking for that skin to start crisping up and for the juices to start pulling away from the meat—it's a good sign things are moving along.

6. Carefully flip each thigh, and then spoon a generous amount of our sauce mixture over the meat. Put them back in for another 15 minutes. I like to baste them every 5 minutes; it really helps that caramelization happen. Just make sure the internal temperature hits 165°F (74°C).

7. Once they're out, brush that melted butter over the tops while they're still hot. Now, the hard part: let them rest for 5 minutes. It keeps all those wonderful juices sealed inside.

8. Depending on how you're feeling, you can slice the thighs into individual portions or just serve them whole on a big platter.

9. Sprinkle some chopped parsley over the top and give it a little squeeze of lemon juice if you want that brightness to cut through the richness.

10. Serve them immediately with whatever you like—mashed potatoes or corn on the cob always feels just right.

Nutrition per serving

420 kcal	26 g	18 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is truly essential for that golden skin.
- The wire rack prevents the bottom of the chicken from getting soggy.
- Basting every 5 minutes in the final stretch creates a thick, sticky glaze.