

Treasure Barrel

Grilled BBQ Chicken Recipe

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Brine

- [ ] 1/4 cup kosher salt
- [ ] 2 tablespoons brown sugar
- [ ] 4 cups warm water
- [ ] 6 bone-in, skin-on chicken thighs
- [ ] 2 tablespoons olive oil

For the BBQ Rub

- [ ] 1 tablespoon smoked paprika
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1/2 teaspoon black pepper
- [ ] 1/2 teaspoon dry mustard

For Finishing

- [ ] 1 cup your favorite BBQ sauce
- [ ] 2 tablespoons apple cider vinegar
- [ ] 1 tablespoon brown sugar

Instructions

1. In a large bowl, dissolve salt and brown sugar in warm water. Add chicken thighs, ensuring they're submerged. Brine for 30 minutes to 2 hours in the refrigerator.
2. Remove chicken from brine and pat very dry with paper towels. Brush lightly with olive oil. In a small bowl, mix together the rub ingredients and sprinkle evenly over both sides of the chicken.
3. Preheat grill to medium-high heat (about 400°F). Clean grates thoroughly and oil them. Place chicken skin-side down on the hot side of the grill. Sear for 3-4 minutes until nicely marked.
4. Flip chicken and sear the other side for 2-3 minutes. Then move chicken to cooler side of grill (indirect heat). Cover and cook for 20-25 minutes, until internal temperature reaches 160°F.
5. While chicken cooks, mix BBQ sauce with vinegar and brown sugar. During the last 10 minutes of cooking, brush chicken with the sauce mixture. Flip and sauce the other side after 5 minutes.
6. Remove chicken from grill when internal temperature reaches 165°F. Let rest for 5-10 minutes before serving. Brush with additional sauce if desired.

Nutrition per serving

320 kcal	28 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Brining is optional but highly recommended for the juiciest results
- If using a gas grill, turn off burners on one side for indirect cooking
- Let chicken come to room temperature before grilling for even cooking
- Resist the urge to constantly flip the chicken – let it develop good color