

## Chicken

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# Carolina-Style Barbecue Chicken

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**Servings: 4**

**Preparation Time: 30 minutes**

**Start to Finish Time: 40 minutes**

*Tastes great with a macaroni salad.*

**1/2 cup yellow mustard**

**1/4 cup apple cider vinegar**

**1/4 cup packed light brown sugar**

**1 1/2 tablespoons mustard powder**

**2 teaspoons hot pepper sauce**

**1/2 teaspoon Worcestershire sauce**

**Kosher salt (to taste)**

**freshly ground pepper (to taste)**

**2 tablespoons unsalted butter, melted**

**8 skin-on bone-in chicken thighs (2 to 2 1/2 pounds)**

**vegetable oil (for brushing)**

**1 large tomato, sliced**

Preheat a grill to medium heat.

In a bowl, whisk the yellow mustard, vinegar, brown sugar, mustard powder, hot sauce, Worcestershire, 1/2 teaspoon of salt and pepper to taste. Whisk in the butter.

Season the chicken with salt and pepper, then toss with about 1/3 of the mustard sauce in a large bowl until coated. Let sit at room temperature for about 10 minutes.

Brush the grill grates generously with vegetable oil. Put about 1/4 cup of the remaining mustard sauce in a small bowl for basting and reserve the rest for topping.

Grill the chicken, covered, for 10 to 12 minutes per side, basting occasionally with the sauce until well marked and a thermometer registers 170 degrees.

Serve the chicken with the reserved mustard sauce and tomato slices.

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Per Serving (excluding unknown items): 142 Calories; 8g Fat (45.9% calories from fat); 2g Protein; 18g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 453mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.