

GRILLING CHICKEN

Relish Magazine – June 2017

www.CommunityTable.com

RIGHT ON TIME

Grilling Time

Bone-In Chicken Breast (10 to 12 ounce)

23 to 35 minutes

3 to 5 minutes direct medium heat then 20 to 30 minutes indirect medium heat.

Bone-In Chicken Thigh (5 to 6 ounce)

36 to 40 minutes

6 to 10 minutes direct medium heat then 30 minutes indirect medium heat.

Chicken Drumsticks (3 to 4 ounce)

26 to 40 minutes

6 to 10 minutes direct medium heat then 20 to 30 minutes indirect medium heat

Boneless/Skinless Chicken Breast (6 to 8 ounce)

8 to 12 minutes direct medium heat

Boneless/Skinless Chicken Thighs (4 ounce)

8 to 10 minutes direct medium heat

FLAVOR ZONE

Pound It:

Use a meat mallet to pound boneless chicken breasts to a uniform thickness. For even cooking, aim for ¾-inch thick.

Marinate It:

But not for too long, or you'll risk toughening the meat. Keep it to eight hours or less.

Check It:

Never cut into the chicken to evaluate doneness. Remove from the grill, transfer to a plate and insert a meat thermometer to ensure it has reached 165 degrees.