
Carolina-Style Grilled Chicken

Summer Cookout Cookbook

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TIPS and TRICKS

** Oil the grates well - chicken is lean, so it can stick.

** To check for doneness, insert a thermometer into the center of the meat (away from any bones); it should register 165 degrees.

** Let the chicken rest for 5 to 10 minutes before slicing.

8 skin-on, bone-in chicken thighs

1/2 cup yellow mustard

1/4 cup brown sugar

1/4 cup cider vinegar

1 1/2 tablespoons mustard powder

2 teaspoons hot sauce

1/2 teaspoon Worcestershire sauce

salt

pepper

2 tablespoons butter, melted

In a bowl, whisk together the mustard, brown sugar, cider vinegar, mustard powder, hot sauce, Worcestershire sauce, salt and pepper. Whisk in the melted butter.

Marinate the chicken thighs in one-half of the sauce for 10 minutes.

Grill on oiled grates over medium heat, covered, basting with the remaining sauce, until cooked through, 10 to 12 minutes per side.

Yield: 8 chicken thighs

Chicken, Grilled

Per Serving (excluding unknown items): 2058 Calories; 145g Fat (63.7% calories from fat); 138g Protein; 49g Carbohydrate; 3g Dietary Fiber; 694mg Cholesterol; 2597mg Sodium. Exchanges: 0 Grain(Starch); 19 Lean Meat; 0 Vegetable; 17 1/2 Fat; 3 Other Carbohydrates.