
Ginger-Lime 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 tablespoon fish sauce

1 teaspoon grated ginger root

1 teaspoon brown sugar

1 teaspoon lime zest

1 teaspoon lime juice

1 teaspoon chili-garlic sauce

salt

pepper

In a bowl, toss the chicken thighs with the fish sauce, ginger, brown sugar, lime zest, lime juice and chili-garlic sauce. Season with salt and pepper.

Place on oiled grates over indirect medium-high heat, skin-side up. Cover and grill for 20 minutes.

Move to direct heat Grill, uncovered, flipping occasionally, until charred and cooked through, 5 minutes.

Yield: 8 chicken thighs

Chicken, Grilled

Per Serving (excluding unknown items): 1637 Calories; 117g Fat (65.6% calories from fat); 130g Protein; 8g Carbohydrate; trace Dietary Fiber; 634mg Cholesterol; 573mg Sodium. Exchanges: 18 Lean Meat; 0 Vegetable; 0 Fruit; 12 1/2 Fat; 1/2 Other Carbohydrates.