

Barbecued Broiled Chicken

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 4

3 1/2 pounds frying chicken

1/2 cup butter or margarine

1 teaspoon salt

2 tablespoons vinegar

1/2 cup water

1 teaspoon sugar

1 tablespoon

Worcestershire sauce

1/2 teaspoon onion salt

1/2 teaspoon garlic salt

1/4 teaspoon pepper

Wash and dry the quartered chicken. Place skin side down on a rack in a broiler pan.

In a saucepan, combine the butter, salt, vinegar, water, sugar, Worcestershire sauce, onion salt, garlic salt and pepper. Heat until the butter is melted. Brush some of the mixture on the chicken.

Place the chicken in a preheated broiler approximately four inches from the heat. Broil for 50 to 60 minutes, turning frequently, and brushing each time with the sauce.

(This also works in a regular oven at 350 degrees or on a grill.)

Per Serving (excluding unknown items): 212 Calories; 23g Fat (94.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 1261mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Fat; 0 Other Carbohydrates.