

Grilled BBQ Chicken Thighs

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Ingredients

8 bone-in chicken thighs (about 3 pounds)

Olive oil (use your infused olive oil here or a combination of infused and regular oil depending on the potency you're after).

BBQ Rub

- 2 tablespoons kosher salt
- 2 tablespoons paprika
- 2 tablespoons brown sugar
- 2 teaspoons chili powder
- 2 teaspoons ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried thyme

Easy BBQ Sauce

- 1 cup ketchup
- 1/4 cup molasses (or brown sugar or infused honey for higher potency)
- 1/4 cup apple cider vinegar
- 1 tablespoon worcestershire sauce (optional)
- 1 tablespoon soy sauce (optional)
- 1 tablespoon hot sauce (optional)

Put all the BBQ Sauce ingredients in a bowl and whisk to combine.

Instructions

- Salt the chicken thighs ahead of time, if you remember, up to 1 day ahead to help tenderize the meat.
- When ready to prepare the meal, brush the chicken thighs with the infused olive oil or a combination of infused and regular olive oil.
- Sprinkle a heavy coat of the rub over the chicken thighs. Gently pat the rub to help it stick and work it into any natural seams in the meat. Don't rub vigorously or most of the spices will end up on your fingers and not the chicken).
- Set the grill up for indirect high heat, around 450 degrees with a drip pan in the middle and fire on the sides. Brush your grill grate clean.
- Put the chicken thighs directly over the drip pan and close the lid. Cook the chicken until the skin is browned and it has an internal temperature of at least 165 degrees F, about 30 minutes.
- Brush the chicken with a layer of BBQ sauce and then let it cook for 15 minutes, brushing every 5 minutes with more BBQ sauce. Keep the lid closed as much as possible.
- Remove from the grill, brush with one last coat of sauce, let the thighs rest for five minutes and serve.

Notes

