

A family favorite is barbecue chicken. This inexpensive meat is easy to barbecue with consistent results. The process for chicken is very similar to other meats. We'll cook both thighs and whole chickens. The thighs we'll marinate overnight, the whole chickens we'll split in half and rub with a BBQ rub. Many cooks like to cook chicken at high temperatures. We cook barbecue chicken low and slow for a deep smoky flavor that you don't get with fast cooked chicken.

To prepare the thighs, wash well and trim off any excess fat and skin.

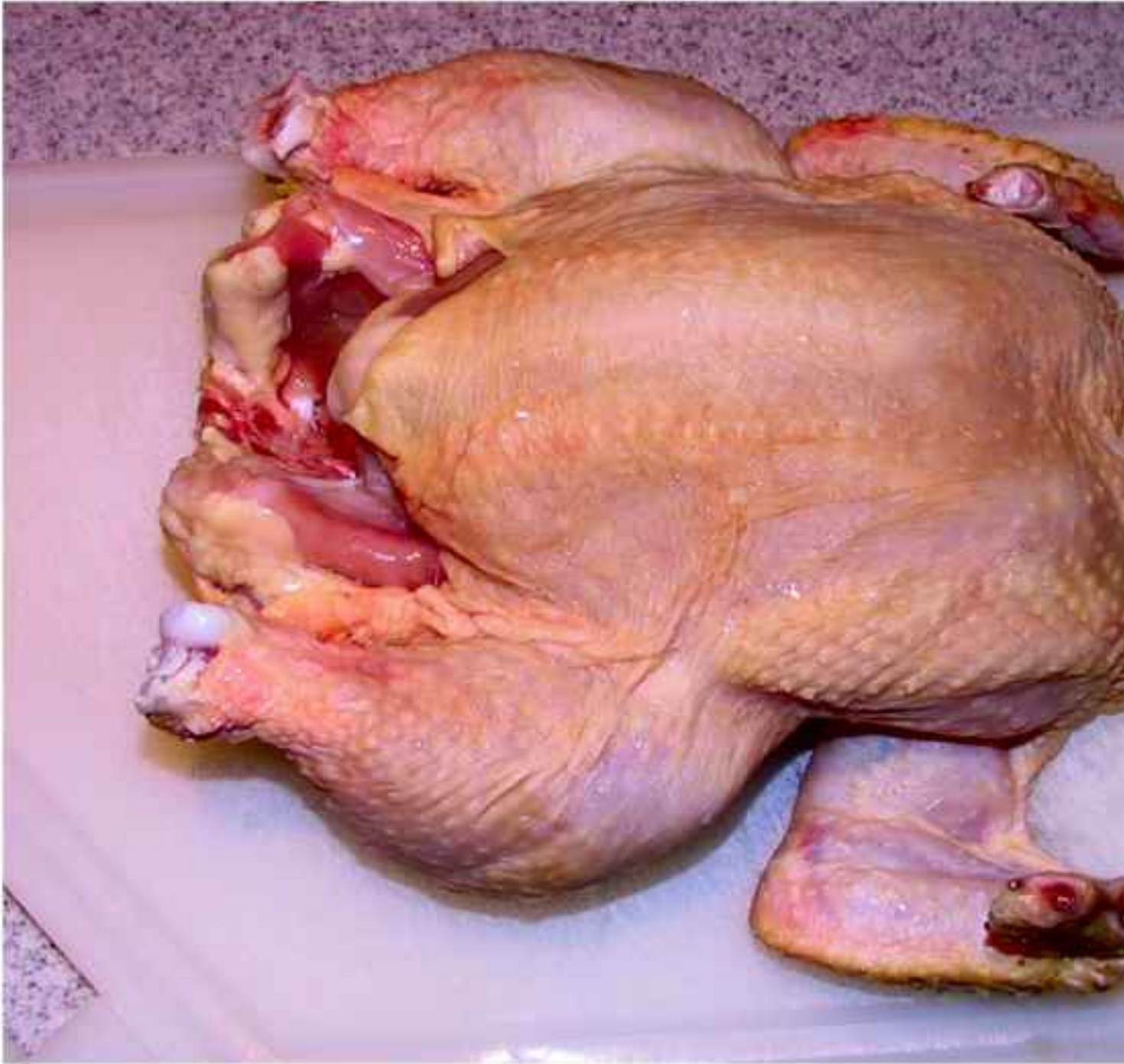


Well, you can get the chicken thighs at a grocery store, but if you want to get the best quality, you should get them from a butcher. The chicken thighs are available from

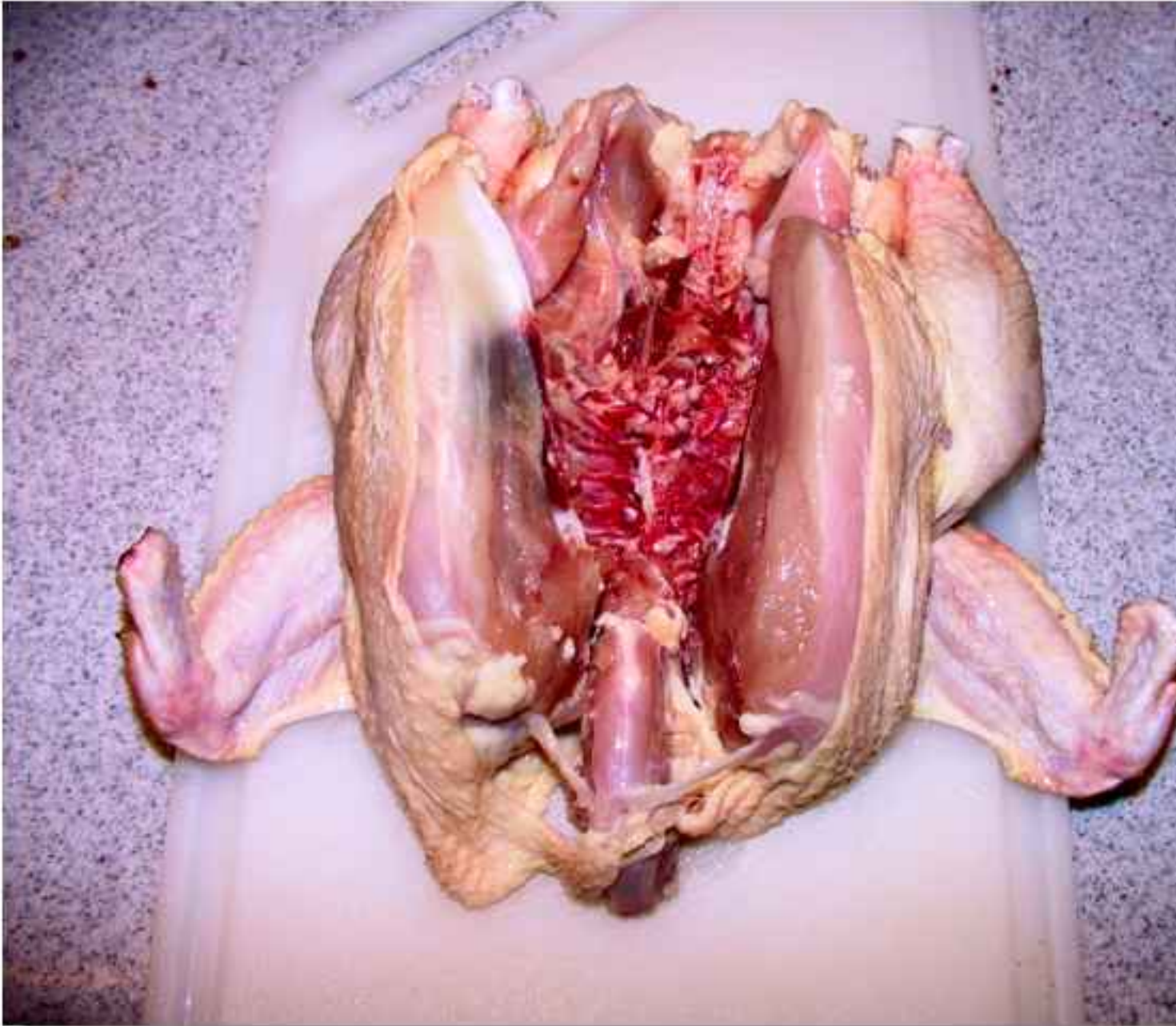


Now we'll prepare the whole chicken. Wash the chicken thoroughly inside and out. Trim



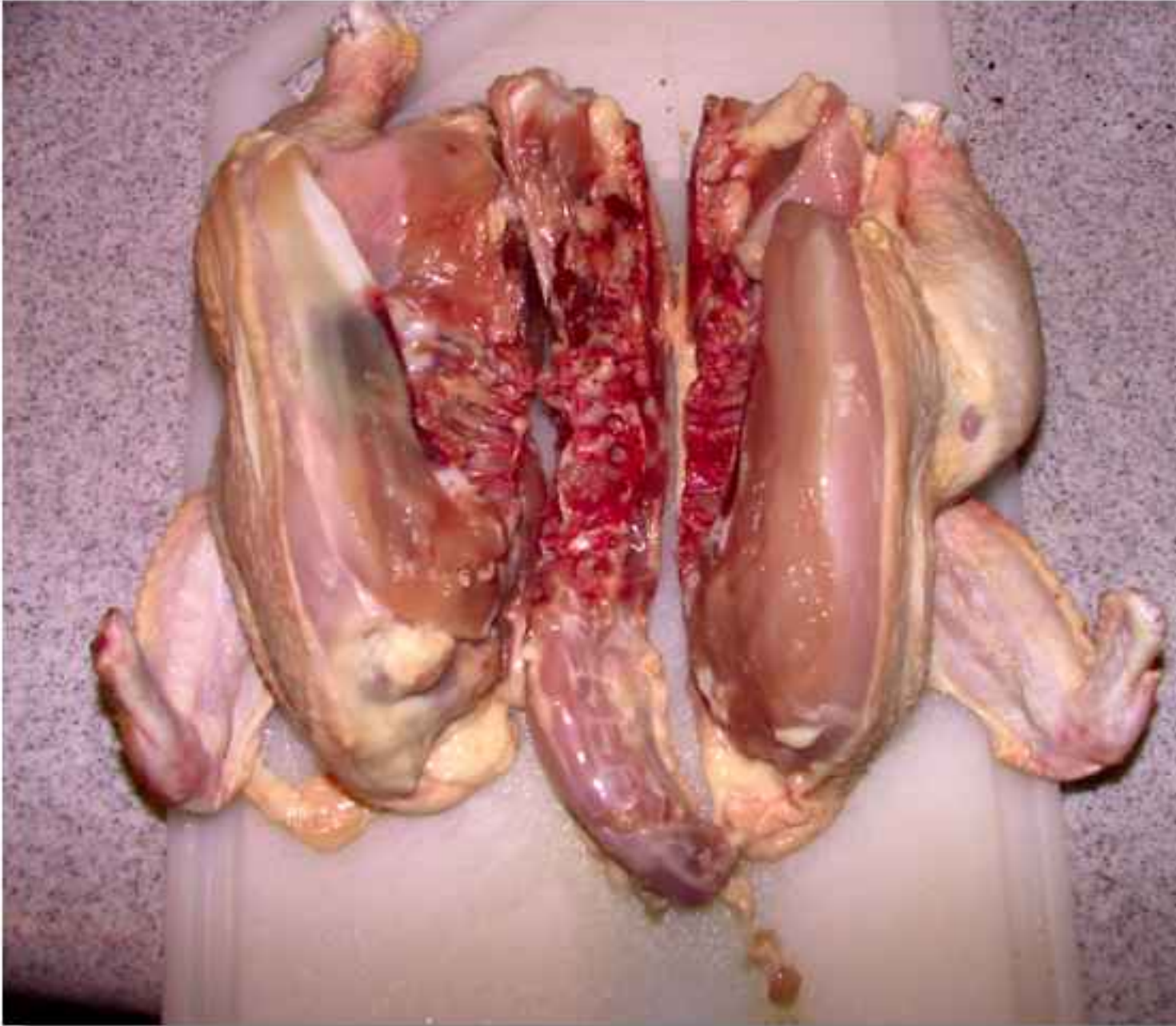


More eye-opening spiritual information at the center of Barbecue Chicken with a sharp knife



Next, start making a hole in the backbone to separate the chicken halves. Save the backbone





We now have two nice chicken halves ready to go.



[How to cook a whole chicken with a BBQ rub](#) [The Stockpile Charpit](#) [BBQ](#)





Remove the chicken thighs from the marinade and spread on a cutting board or cookie sheet.





Sprinkle the thighs lightly with a BBQ rub.



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We basted the chicken halves with apple juice only.



[Place the chickens on the grill](#) if you like. Before BBQing, brush with a coating of [Smoky Ring](#) the





[With half cup of BBQ Sauce](#) on the side. It's a good one that you can use for other things too.

