

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.

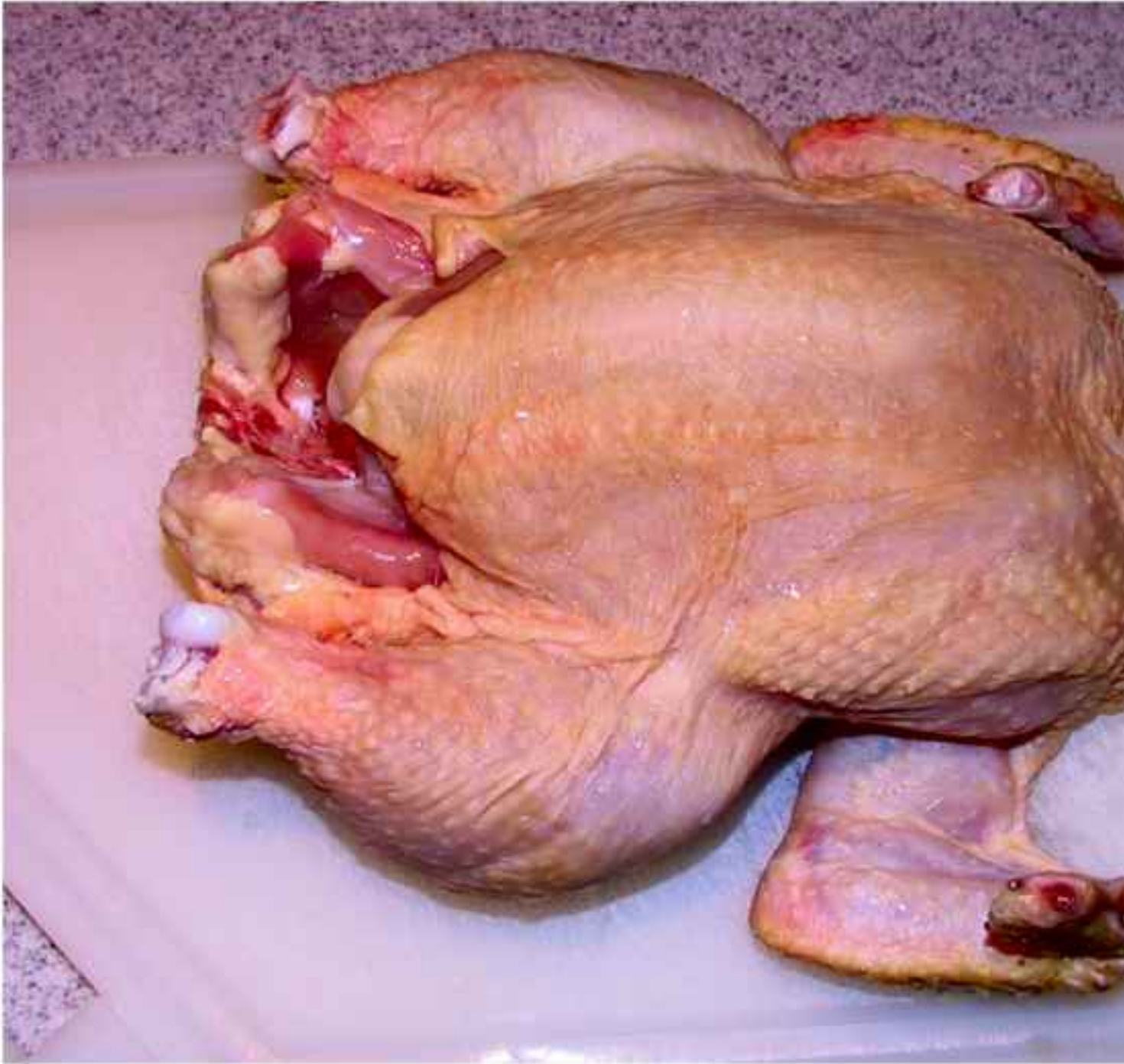
To prepare the thighs, wash well and trim off any excess fat and skin.



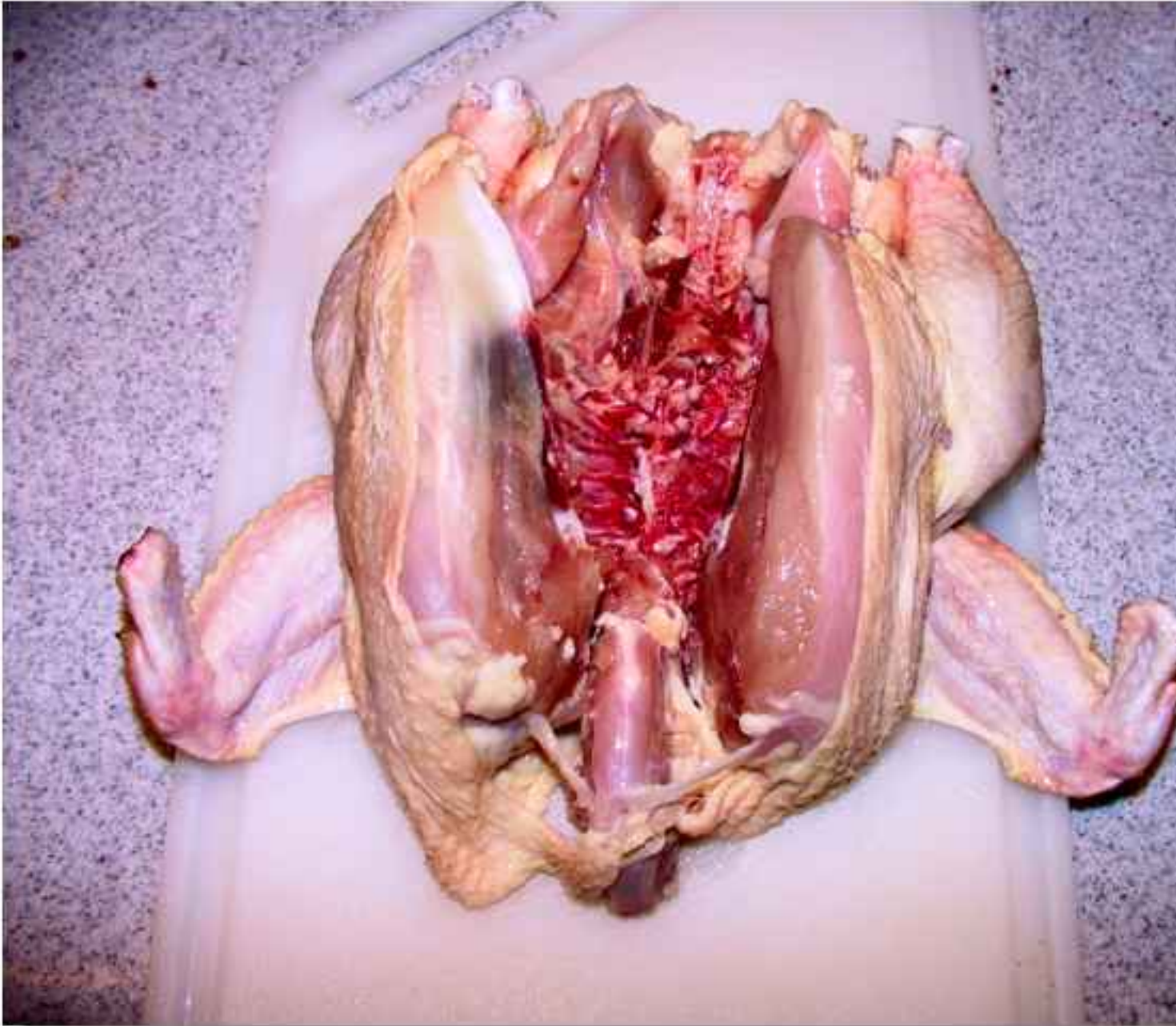
Well, you can get the chicken thighs at a low price. It's a great option for those who are looking for a low-cost protein source. The chicken thighs are a great source of protein and are also low in fat. They are also a great source of iron and zinc. The chicken thighs are a great source of protein and are also low in fat. They are also a great source of iron and zinc. The chicken thighs are a great source of protein and are also low in fat. They are also a great source of iron and zinc.



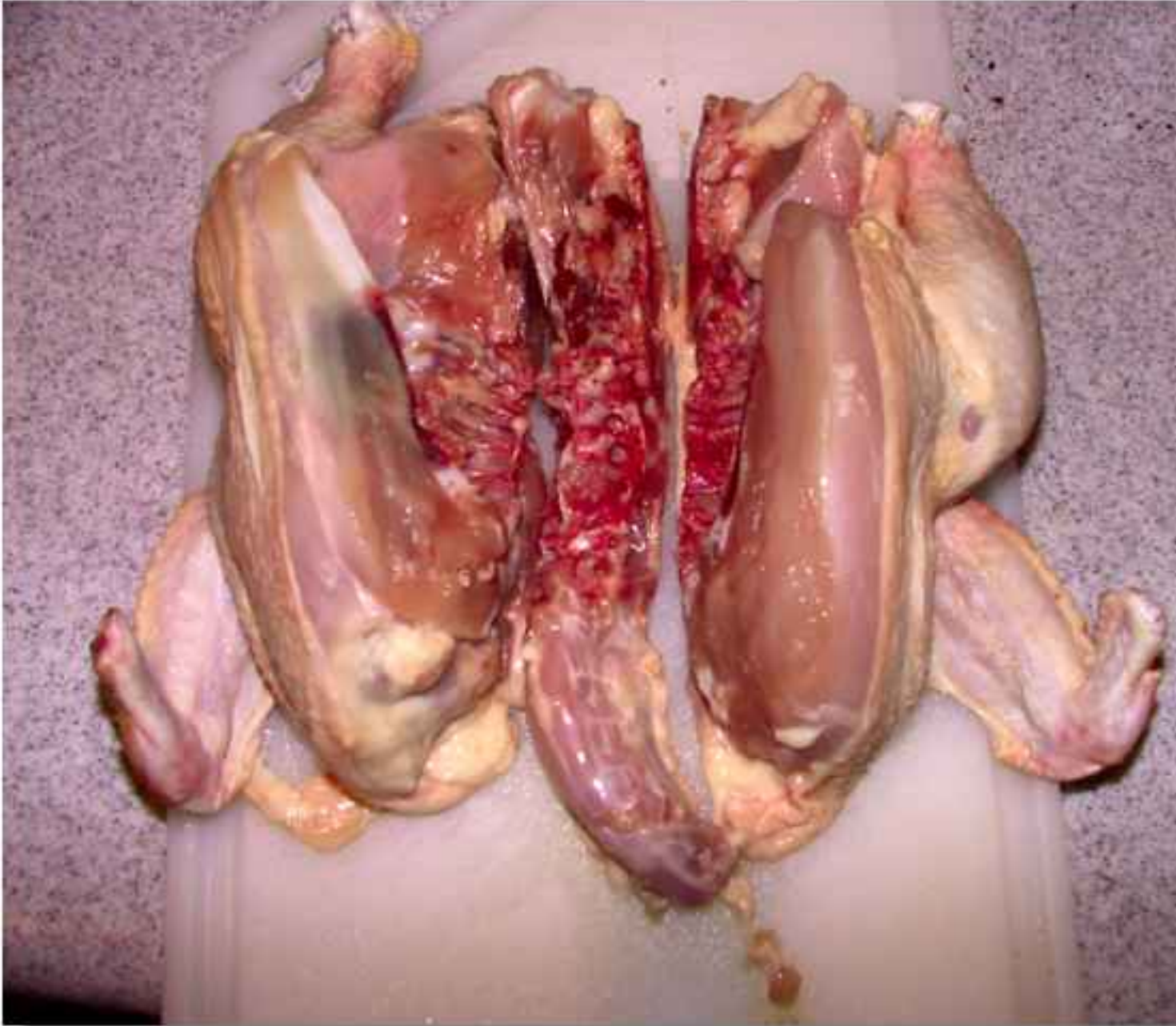
Now we'll prepare the whole chicken. Wash the chicken thoroughly inside and out. Trim



More eye-opening spiritual lessons from the central. Barbecue chicken will be using 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.



© 2014 The McGraw-Hill Companies. All rights reserved. This content is excluded from our Creative Commons license. For more information, see http://ocw.mit.edu/help/faq-fair-use/. This content is excluded from our Creative Commons license. For more information, see http://ocw.mit.edu/help/faq-fair-use/.



We basted the chicken halves with apple juice only.



[Check the top of the chicken](#) before BBQing with a coating of [Smoky Ring](#) the



[With half of the BBQ Sauce](#) on the side. It's a good thing you can always find the chicken sauce.

