

BBQ Butterflied Chicken



Makes:

6-8 servings

Utensil:

6 Qt. Grand Gourmet with Cover (Limited Edition)

Kitchen Shears

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Contributed By:

Ivy Ho

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1

cup

ketchup

1

tablespoon

vinegar

?⁴

cup

whiskey

?⁴

cup

maple syrup or honey

2

teaspoons

worcestershire sauce

2

teaspoons

smoky chipotle seasoning blend

1

whole

chicken (butterflied or spatchcock)

1

small onion, Cone# 2

1

bell pepper, Cone# 2

Directions:

1. Butterfly chicken by using Saladmaster kitchen shears to remove excess fat, along with back bone. Dry chicken with paper towel.
2. Preheat skillet on medium heat. Skillet is preheated once water forms into rolling beads in the pan.
3. Place chicken in skillet, pressing breast side down. Pan fry for 10-12 minutes.
4. Remove chicken from pan and set on plate. Sauté onion and peppers.
5. In a bowl, combine remaining ingredients and mix well. Pour ² ?³ sauce over sautéed vegetables.
6. Place chicken on vegetables, breast side up. Pour remaining sauce over chicken and cover. Once Vapo Valve clicks, reduce heat to low. Stovetop roast for approximately 10-12 minutes per pound.

Tips:

- To thicken sauce, remove chicken from pan once it is cooked, and then set to medium heat to continue to cooking and reducing the sauce. Adding 1 tablespoon of honey or maple syrup while sauce cooks can also help sauce thicken.