

BBQ Butterflied Chicken



Sirve:

6-8 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Kitchen Shears

Valora: ★★☆☆☆

Contribuido por:

Ivy Ho

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1 cup
ketchup
1 tablespoon
vinegar
¼ cup
whiskey
¼ 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

Preparación :

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 $\frac{2}{3}$ 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.

Consejos:

- 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.
