



Charcoal-Grilled Barbecued Chicken Kebabs

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 2 hours



It would be hard to imagine better grilled chicken kabobs. The chicken was crunchy on the outside and soft inside. The bacon/spice mix coated the chicken with a savory saltiness that was complimented by the sweet barbecue sauce.

SAUCE:

1/2 cup ketchup

1/4 cup molasses

2 tablespoons onion, grated (see TIP)

2 tablespoons Worcestershire sauce

2 tablespoons Dijon mustard

2 tablespoons cider vinegar

1 tablespoons light brown sugar

KEBABS:

2 pounds chicken thighs, boneless & skinless, trimmed of excess fat and cut into 1-inch cubes (see NOTES)

2 teaspoons kosher salt

2 tablespoons paprika

4 teaspoons sugar

2 teaspoons smoked paprika

2 slices bacon, cut into 1/2-inch pieces

4 each 12-inch metal skewers

TIP: Use the large holes on a box grater to grate the onion.

NOTE: We prefer flavorful thigh meat for these kebabs, but you can use white meat. Whichever you choose, don't mix white and dark meat on the same skewer since they cook at different rates. If you have thin pieces of chicken, cut them larger than 1 inch and roll or fold them into approximately 1-inch cubes.

NOTE: Bacon Paste: Weird-But it Works: To create a protective coating that keeps the chicken moist on the grill, we chop two slices of bacon, pulse them in a food processor until smooth, and then toss the resulting paste (along with sugar and spices) with the raw chicken chunks.

PREP CHICKEN (5 minutes +1 hour to refrigerate):

Toss chicken and salt in large bowl; cover with plastic wrap and refrigerate for at least 30 minutes and up to 1 hour.

FOR THE SAUCE (while chicken is in the fridge - takes 10 minutes):

Bring all ingredients to simmer in small saucepan over medium heat; cook, stirring occasionally, until sauce reaches ketchup-like consistency and is reduced to about 1 cup, 5 to 7 minutes.

Transfer 1/2 cup sauce to small bowl and set aside remaining sauce to serve with cooked chicken.

PREP GRILL (15 minutes):

Turn all burners to high, close lid, and heat grill until hot, about 15 minutes.

Scrape cooking grate clean with grill brush and coat with grill spray. Leave primary burner on high and turn off other burner/s.

FOR THE KEBABS (while grill heats):

Rinse the chicken in cold water. Then pat chicken dry with paper towels.

Combine sweet paprika, sugar, and smoked paprika in small bowl.

Process bacon in food processor until smooth paste forms, 30 to 45 seconds, scraping down bowl twice during processing.

Add bacon paste and spice mixture to chicken; mix with hands or rubber spatula until ingredients are thoroughly blended and

chicken is completely coated.

Thread meat onto skewers, rolling or folding meat as necessary to maintain 1-inch cubes.

GRILL & SERVE (20 minutes):

Place kebabs over coals and grill, turning one-quarter turn every 2 to 2 1/2 minutes until well browned and slightly charred, 10 minutes total. (If flare-ups occur, slide kebabs to cool side of grill until fire dies down.)

Brush top surface of kebabs with ¼ cup sauce; flip and cook until sauce is brown in spots, about 1 minute.

Brush second side with remaining ¼ cup sauce; flip and continue to cook until brown in spots and instant-read thermometer inserted in center of meat registers 175°, about 1 minute longer.

Remove kebabs from grill and let rest for 5 minutes.

Serve, passing reserved barbecue sauce separately.

Per Serving (excluding unknown items): 469 Calories; 16g Fat (30.2% calories from fat); 47g Protein; 35g Carbohydrate; 2g Dietary Fiber; 216mg Cholesterol; 1954mg Sodium; 29g Total Sugars; trace Vitamin D; 98mg Calcium; 4mg Iron; 1148mg Potassium; 476mg Phosphorus. Exchanges: .

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