

## The Overland : Sizzling Sauce and Grilled Chicken Thighs

### Tommy's Take:

"I like to use Bone in, Skin On, for the most flavor and the bones helps keep the meat moist.

I first like to season the chicken thighs with Salt, Pepper, and Smoked Paprika.

I grill them on medium heat to prevent any flare ups. They take 30-45 minutes to reach an internal temperature of 165 degrees. I always use a digital thermometer to temp my meats, this helps ensure consistency in each cut of meat.

For the final 10 minutes, I slow baste the chicken on all sides, while continuing to grill them, helping the sauce caramelize and adhere to the chicken.

I love serving this with a coleslaw style salad, and some grilled Garlic Bread, and of course, some cold beer!"

**Tommy Linnet**  
Executive Chef,  
The Overland



### Directions:

#### BARBECUE SAUCE

Small dice the onion, and sauté on medium heat until caramelized and golden brown. Next add remaining ingredients and simmer on low for 20-30 min. Once complete this sauce will last refrigerated for 7-10 days.

- 1 red onion
- 6 cloves garlic
- 2 tablespoons blended oil
- 1 cup ketchup
- 3 tablespoons honey
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire
- 1 tablespoon soy sauce
- 1 tablespoon hot sauce
- 1 tablespoon apple cider vinegar
- 2 tablespoons mustard
- 1 teaspoon cayenne

#### CHICKEN

Liberal season the chicken thighs on all sides.

- 10 bone in chicken thighs
- Salt, black pepper, and smoked paprika