

Dale's Southern Grill "A SOUTHERN EXPERIENCE..."

Bottle O' Beer Chicken Thighs

I hear all you dark meat chicken haters... but give this recipe a try...the trick to thighs when baking or grilling is to marinate them...dark meat is so much more moist and juicy and the marinate helps to tenderize the meat as well as add flavor. This recipe came with a grill I bought years ago... and has been a favorite of mine ever since. Be sure to give yourself enough time for the marinate to do its thing... even overnight not a bad thing...not much salt in this recipe. Also don't rush the cook time... cook over medium heat turning every couple minutes...when juices run clear give it another 5 minutes...then let them rest for a few minutes before serving.... these are great to dress up with asparagus and risotto... or corn on the cob and baked beans... and of course a cold beer.

Marinade

1 (12 ounce) bottle beer, your choice
1/4 cup Dijon mustard or Spicy Brown
3 tablespoons extra virgin olive oil
6 scallions, thinly sliced (white and light green parts only)
2 large garlic cloves, thinly sliced
1 tablespoon Worcestershire sauce
1 teaspoon Lawry's Salt
1/2 teaspoon fresh ground black pepper
1/4 teaspoon LA Hot Sauce

Remaining Ingredients

8 chicken thighs, 5-6 ounces each (with bone and skin)

Preparation of Bottle O' Beer Chicken Thighs:

Make the marinade: in a bowl, whisk the marinade ingredients.

Trim the thighs of excess skin and fat; place them in a large zip-lock plastic bag.

Pour in the marinade; press the air out of the bag and seal tightly.

Turn the bag to distribute the marinade; place in a bowl, and refrigerate for 6-8 hours, turning occasionally.

Remove thighs from bag; discard marinade.

Pat dry with paper towels; grill over direct medium heat, skin side down first, until the meat next to the bone is opaque, about 10 minutes, turning every 5 minutes.

Serve warm
