

chipotle chicken skewers



Juicy chicken thighs marinated in a spicy and smoky
chipotle marinade

“Tinned chipotle chillies are smoked jalapenos in a tangy and sweet tomato puree. This simple ingredient packs a punch of flavour when added to any dish.”

TIPS FOR BARBECUING CHICKEN PIECES

AT THE BUTCHER

- Preferably buy free-range chicken.

IN THE KITCHEN

- Prepare the chicken in even sized pieces so they cook evenly.
- Lightly coat the chicken in olive oil and seasonings or use a marinade.
- Avoid marinades with a high sugar content as they will stick to your cooking grill.

AT THE BARBECUE

- Ensure your barbecue is clean and preheated for at least 10 minutes before cooking.
- Barbecue the following over *direct medium heat* (200 - 230°C), turning once halfway through the cooking time.

Breast (boneless)	10 - 12 minutes
Thigh (boneless)	8 - 10 minutes
Skewers	10 - 15 minutes

- Roast the following over *indirect medium heat* (190-230°C).

Maryland/drumstick/ thigh (bone-in)	30 - 40 minutes
Wing	25 - 35 minutes

- The key to succulent chicken is to perfect the doneness by using a thermometer. Keep in mind the internal temperature will continue to rise 3 to 6°C while it's resting.

Well Done	74°C
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AT THE TABLE

- Rest the chicken for at least 5 - 10 minutes before serving.

RECIPE

INGREDIENTS

- 6 chicken thigh fillets
- 3 tinned chipotle chillies in adobo sauce
- ½ brown onion, peeled and roughly chopped
- 2 garlic cloves
- 5 tablespoons olive oil
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

METHOD

Trim the chicken thigh fillets and slice into 3cm cubes. Place the chicken pieces into a bowl.

In a food processor, process the remaining ingredients into a smooth paste. Pour half of the marinade over the chicken pieces, combine to coat and refrigerate for at least 30 minutes or up to 24 hours. Reserve the remaining marinade and refrigerate until required.

If using wooden skewers, soak in water for at least 30 minutes prior to using.

Prepare the barbecue for direct cooking over medium heat (200 - 230°C).

Thread the chicken pieces onto skewers.

Once the barbecue has preheated, barbecue the chicken skewers over *direct medium heat* for 10 - 15 minutes, with the lid closed, turning as required and basting with the reserved marinade during the first 8 minutes of the cooking time.

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