



Brisket & Brawn

Casual Cooking and Compelling Conversations

Grilled Sesame Chicken

Many, many moons ago my wife and I received "Crème de Colorado," a cookbook from the Junior League of Denver, as a wedding gift. Over the years I've used a lot of recipes from that cookbook. But this one, Grilled Sesame Chicken is, bar none, the best chicken recipe I make, and is always a crowd favorite. Like most of my chicken recipes, I say use the parts you like. Over time, I have found thighs and drumsticks come out the most moist. But if you have breast fans in your midst, I've done those a lot too and they are also delicious.

Ingredients:

6 chicken thighs
6 chicken drumsticks
½ cup olive oil
½ cup white chardonnay
½ cup soy sauce
2 tablespoons prepared ginger
1 tablespoon dry mustard
1 teaspoon fresh ground pepper
4 cloves garlic, crushed
½ cup chopped green onions
3 tablespoons sesame seeds

Method:

1. Combine all the marinade ingredients in a mixing bowl and whisk together vigorously.
2. Place chicken in a large ziplock bag and pour the marinade over the chicken squeezing out all the air from the bag.
3. Refrigerate the chicken for 4-8 hours. Keep in mind the marinade has soy sauce (salty). Too much is too much. Halfway through your marinade time, turn the bag over to ensure even marinating.

4. An hour before you plan on grilling, place the bag on the kitchen counter and allow the chicken to come to room temperature
5. Set up your grill for medium to high heat, leaving one side of your grill open for indirect grilling.
6. Take the chicken out of the bag reserving the marinade in a saucepan to quick boil, then simmer for about 5 minutes. You are going to baste the chicken with this marinade and you want to make sure to remove any bacteria that might remain in the marinade from the chicken.
7. Place chicken on the grill and sear for two minutes on one side, flip, and sear the other side for two minutes. Have a squirt bottle on hand because that olive oil WILL make the fire flair up. You want a nice char, but not burned, so just eyeball it.
8. After the 4 minutes of searing, move the chicken off the direct heat to the non-direct side of the grill. Baste the chicken every 8-10 minutes and turn it.
9. Chicken is done at 165, but I like to really stretch the cooking time out on this recipe. I like a minimum of one hour. That gives you time to use most of your marinade baste, which really amps up the flavor and moistness of this chicken.

Suggestions:

The key to this recipe is patience. You could have this done and off the grill 30 minutes, but you'll lose a lot of flavor and moistness. You are not smoking this chicken, but the technique is very similar. I did this recipe for years on my Weber Kettle, and moved the chicken to the non-direct side and closed down the air vent to just a whisper of air. Just recently I did this recipe on my Oklahoma Joe barrel smoker, and moved it $\frac{3}{4}$ of the way down the barrel where the temperature was 225-250 and let it go for almost two hours, using all of the leftover marinade to baste it. This technique was perhaps best in show, ever. It was tender, juicy, and bursting with flavor.