

Cornell Home-Style Barbecued Chicken



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Barbecued broilers without sauce are like bread without butter. Enjoy this perennial favorite for barbecue sauce adapted from Cornell Cooperative Extension Information Bulletin 862.

Barbecue Sauce

(enough for 10 broiler halves)

- 1 cup cooking oil*
- 1 pint cider vinegar
- 3 tablespoons salt**
- 1 tablespoon poultry seasoning
- 1/2 teaspoon white pepper
- 1 egg

(enough for five broiler halves)

- 1/2 cup cooking oil*
- 1 cup cider vinegar
- 2 tablespoons salt**
- 1 1/2 teaspoons poultry seasoning
- 1/4 teaspoon white pepper
- 1 egg

Beat the egg, then add the oil and beat again. Add other ingredients and stir. The recipe can be varied to suit individual tastes. Leftover sauce can be stored in a glass jar in a refrigerator for several weeks.

* To keep intake of dietary fat low in saturated fat and cholesterol choose oils that are primarily composed of monounsaturated and polyunsaturated fat.

** Adjust the quantity or eliminate salt to meet individual health needs and taste. Barbecued chicken basted frequently during cooling will be saltier than chicken that has been lightly basted.

To barbecue the broilers:

Place the broiler halves over the fire after the flame is gone. Turn the halves every five to ten minutes, depending on the heat from the fire. Use turners or a long handled fork. The chicken should be basted with a fiber brush at each turning. The basting should be light at first and heavy near the end of the cooling period.

Cooking time is about one hour, depending on the amount of the heat and on the size of the broiler. Test the chicken to see whether it is done by pulling the wing away from the body. If the meat in this area splits easily and there is no red color in the joint, the chicken is done.

INGREDIENTS NEEDED FOR BARBECUE SAUCE

Ingredients	Number of persons							Remarks
	5	10	25	50	100	200	300	
Cooking oil	1/4 pt.	1/2 pt.	1 pt.	1 qt.	1 1/2 qts.	3qts.	5 qts.	* See above
Cider Vinegar	1/2 pt.	1 pt.	1 qt.	2 qts.	3 qts.	6 qts.	10qts.	
Salt	5 tsps.	3 tbsl.	1/2 cup	1 cup	1 3/4 cup	3 1/2 cup	4 1/2 cup	** See above
Pepper	1/4 tsp.	1/2 tsp.	1 1/4 tsps.	2 1/4 tsps.	4 tsps.	7 tsps.	4 tbsl.	
Poultry Seasoning	1 1/2 tsps.	3 tsps	7 tsps.	4 tbsl.	1/3 cup	3/4 cup	1 1/4 cups	
Eggs	1	1	3	5	10	20	30	Eggs should be well beaten