

BBQ & GRILLING DEMO SERIES

Sticky Chicken & Citrus Cole Slaw

**INGREDIENTS:****STICKY CHICKEN**

1 (3-Pound) Whole Chicken, Cut
Up into 8 Pieces
1 Cup Olive Oil
1/2 Cup Honey
Pinch Salt and Pepper
1 Lemon (Juice Only)

CITRUS COLE SLAW

1/2 Head of Green Cabbage
(The Whole Cabbage Should be
About 3 Lbs)
2 Carrots, Peeled & Shredded
1/3 Cup Red Cabbage
1/2 Cup of Mayo
3/4 Cup of Milk
1/4 Cup of Dijon Mustard
1 Tbsp of Apple Cider Vinegar
1/4 Tsp of Celery Salt
1 Tbsp of Sugar
1 Tsp Poppy Seeds
2 Lemons (Juice Only)
Salt and Pepper to Taste

DIRECTIONS:**STICKY CHICKEN**

1. Combine the olive oil, honey, lemon juice, salt and pepper into a bowl and whisk all the ingredient. Split the emulsion in two bowls and in one bowl add the chicken and let it marinade for an hour.
2. Preheat grill at 350°.
3. Place the chicken on the grill and grill one side, for about 6 min. Flip it over and baste the chicken with the rest of the emulsion and cook for another 6-8 min. Brush the chicken one more time before serving.

CITRUS COLE SLAW

1. Combine the chopped cabbage, shredded carrots, and chopped parsley leaves in a large bowl.
2. Next, add in the mayo, milk, mustard, apple cider vinegar, sugar, celery salt, salt and pepper and mix it all up.

**COOKING
SKILLS
ACADEMY**