



Mike's E-Meal™ Newsletter

29 Jun 06

Barbecue Chicken

Sweet Corn

Steamed Broccoli

(Serves two)

Barbecue Chicken

In the truest sense of the definition for barbecue, this is not really “barbecue” chicken, that is to say chicken that has been slow-smoked on a barbecue, but rather grilled chicken that has a zesty barbecue sauce added during the last few minutes of cooking. Whether “barbecued” or “grilled” this is still a tasty entrée and also great when sliced for sandwiches!

2 bone-in chicken breasts, about 7 ounces each
Cajun spice (commercial or home-made, recipe follows)
Chicken Drizzle, recipe follows
1 cup apple wood chips, soaked in water for 1 hour

Rinse the chicken under cold water and pat dry. Liberally season both sides with Cajun spice.

Prepare the grill for medium-high indirect cooking. Add 1 cup of drained apple wood chips to the coals (or in a smoker box over the hottest burner). When a good smoke starts to develop, place the chicken pieces on the cooler side of the grill, skin side up, close the cover and cook for 30 minutes.

After 30 minutes of cooking, flip the chicken skin side down and continue cooking. Check the internal temperature of the chicken breast after another 30 minutes. If the breast is around 155 degrees F. the chicken is ready to be sauced. If not, continue cooking until the breast reads 155 degrees F.

When the chicken reaches 155 degrees F. flip the chicken skin side up and brush with Chicken Drizzle. Close the cover and continue cooking another 10 minute or so or until the chicken has an internal temperature of 160 degrees F.

Using tongs, transfer the chicken to a clean plate, tent with aluminum foil and allow it to rest for 5 minutes before serving. Serve with warmed Chicken Drizzle on the side.



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Cajun Spice

This seasoning blend will keep stored in an airtight container about one month. It may also be used to season baked potatoes, vegetables and a variety of meats.

- 1/3 cup sweet paprika
- 1/4 cup coarse kosher salt
- 1/4 cup granulated garlic
- 2 tablespoons dried oregano
- 2 tablespoons dried thyme
- 2 tablespoons onion powder
- 2 tablespoons cracked black pepper
- 2 tablespoons ground cayenne pepper
- 2 tablespoons dried parsley

Combine the ingredients in a medium mixing bowl and mix well to blend.

Yields 1 1/2 cups

Sweet Corn

Sweet corn begins to convert its sugar to starch as soon as it's picked from the stalk so try to use fresh corn the day it is purchased. Although my favorite way to cook sweet corn is to smoke it, it may be simply grilled over medium-high heat until tender or cooked in boiling water.

- 4 ears sweet corn
- Unsalted butter, softened
- Coarse kosher salt
- Cajun spice

Shuck the corn and use a damp paper towel to remove the silk.

Place the corn in a large stockpot and cover with cold water. Place the stockpot on the stove and bring to a boil. When the water is at a rapid boil turn off the heat and, using tongs, transfer the corn to a clean chef's towel to drain.

(Chef's note: If desired, the cooked corn could be placed on the preheated grill to add grill marks for presentation.)

Brush with softened butter and season to taste with salt and Cajun spice.



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Chicken Drizzle

The ground chipotle (smoked jalapeño) adds a nice smoky flavor and some heat to the sauce. This sauce should be used in the last 10 minutes or so of grilling so it doesn't burn or use it as a table and dipping sauce. (If you can't find Cackalacky® Spiced Ketchup at your local retailer it may be ordered on-line or substitute a good-quality ketchup with a couple of tablespoons of your favorite sweetened hot sauce... it won't be the same but will approximate the flavors!)

2 tablespoons olive oil
1 medium yellow onion, diced (about 1 cup)
3 cloves garlic, chopped (about 1 tablespoon)
1 1/2 teaspoons dried thyme
1 teaspoon ground chipotle chile powder
6 cups (1 1/2 quarts) Cackalacky® Spiced Ketchup
1/2 cup light brown sugar, packed
1/2 cup dark molasses
1/4 cup red wine vinegar
2 tablespoons Colman's® dry mustard
2 teaspoons ground cumin
2 teaspoons smoked paprika
2 teaspoons freshly ground black pepper
1 teaspoon coarse kosher salt

Heat the oil in a medium stockpot over medium heat. Add the onion and cook until translucent, about 5 minutes. Add the garlic, thyme and chipotle. Stir and cook until the garlic is fragrant, another 2 to 3 minutes.

Add the remaining ingredients and stir well to combine. Reduce the heat to low, partially cover and simmer for about 20 minutes, whisking occasionally. Remove from the heat and allow the sauce to cool. When cooled, transfer the sauce in batches to a blender and purée until smooth.

Transfer the sauce into a storage container and store, covered and refrigerated, for up to 1 month (if it lasts that long).



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Steamed Broccoli

The “trick” to great broccoli is not to over-cook it and turn crunchy florets into mush. Broccoli should only be cooked until it is crisp-tender.

1/2 pound broccoli
1 tablespoon fresh lemon juice
Coarse kosher salt
Freshly ground black pepper

Trim the broccoli and cut into serving-size pieces.

Place a steamer rack in a 2 1/2-quart saucepan and add water to cover the bottom of the rack. Bring the water to a boil and arrange the broccoli on the steamer rack. Cover and steam the broccoli for 5 to 6 minutes or until crisp-tender.

(Chef's note: The broccoli could be prepared to this point, cooled in an ice bath and reheated by briefly cooking in a sauté pan with a little olive oil or unsalted butter.)

Arrange the broccoli in a serving dish, sprinkle with lemon juice and season to taste with salt and pepper.

Cooking & Presentation



Chicken Breasts Finishing On The Grill After Saucing



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Barbecue Chicken, Sweet Corn and Steamed Broccoli