



Grilled Butterflied Chicken 101

April 28, 2022

I wrote this recipe for a butterflied chicken, but you can use the same method for bone-in chicken pieces and adjust the timing based on size. I recommend grilling chicken pieces over an Indirect heat so that it is cooked on the inside and golden-brown at the same time. Cooking over Direct heat can create a raw interior and a burned exterior—especially if you put the barbecue sauce on too soon.

Serves 4

Grilling Method: Indirect/Medium Heat

Ingredients:

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- 1 whole chicken, 3-4 pounds, butterflied or bone-in chicken pieces
Extra-Virgin Olive oil
Kosher salt
Freshly ground pepper

Method:

1. Remove and discard excess fat from chicken if necessary. Pat dry.
2. Brush lightly with oil. Season with salt and pepper. Place chicken, bone-side down in center of cooking grate. You do not need to turn the chicken pieces.
3. Grill-roast until breast meat near bone registers 160-165°F and thigh meat registers 180°F, about 45 minutes depending on size. If you don't have a meat thermometer, cook until no longer pink and the juices run clear. The skin should be golden brown and the drumsticks should be receding from the skin meaning that you can see the bone sticking out a little.
4. Remove from grill and let sit 10 minutes before serving.

note: If preparing barbecued chicken, season with favorite barbecue rub and brush sauce on chicken during the last 10 minutes of cooking time to prevent burning.