

DEVON COOKERY SCHOOL

BBQ Pulled Chicken

Serves 2

4 Chicken Thighs, Bone in

2 tsp Dried Oregano

1tsp Cumin Seeds

2 garlic cloves, skin off

200g BBQ Sauce*

Salt

Rapeseed Oil/ veg oil

*See bottom of this recipe for My BBQ Sauce Recipe

1. Coat your chicken thighs with oil and season with salt, oregano and cumin seeds.
2. Choose a saucepan that will fit all of the chicken thighs in quite snugly, you don't want a large pan as the sauce will not coat the chicken thighs, put this on a medium heat to preheat.
3. Add a drizzle of oil and put the chicken thighs skin side down into the pan, you are looking for a nice crispy skin here, when the skin is crispy flip the chicken over, so that the skin is facing up.
4. Turn the heat of the pan down and add your bbq sauce mixture, place a lid on top and keep at a low simmer.
5. Simmer for 30 minutes (approx.), to test that the chicken is ready take two forks and try to pull the chicken from the bone, if it does not come away easily then keep on cooking.
6. When the chicken is ready you can pull the chicken in the sauce mixture (discard of the bone) and mix into the sauce. If your sauce is too thick or has reduced too much you can add a splash of water to loosen it up.
7. Serve with your choice of sides.

Jazzi's Ultimate BBQ Sauce

Makes roughly 450ml

300g Tomato Ketchup

4 tbsp White Wine Vinegar/ Apple Cider Vinegar

5 tbsp Dark Brown Sugar

3 tbsp Honey

1 tbsp Worcestershire sauce

2tbsp Dark soy sauce

1/2 tsp mustard powder - or 1 tsp English mustard

2 tsp smoked paprika

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1/2 tsp black pepper - freshly ground
1tbsp chipotle paste (optional)
Salt

1. In a small saucepan, stir all the ingredients together until combined.
2. Bubble briskly for 6-8 minutes, until reduced to a thick consistency. Cool before serving.

Tip: The sauce will keep in the fridge for up to 1 week.