BBQ Chicken Thighs on the Traeger

This recipe is one of my all-time favorite BBQ Eats, That’s right… BBQ Chicken Thighs. Add the mayonnaise binder and you’re in for a flavorful adventure. Don’t like Mayo? No worries, use oil instead. Either way, you win!

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

##### **Yield:** 5-6 chicken thighs

##### **Prep Time:** 5 Minutes

##### **Cook Time:** 12-15 Minutes – Boneless

**Cook Temp**: 425˚ F

# Ingredients

### *Measure* ***Ingredient Prep Notes***

### 2 lb **Chicken Thighs, Boneless and Skinless**

### ¼ cup **Mayonnaise, Regular**

### **or**

### 3 tbsp **Oil, Canola/Olive Blend**

### 6-8 tbsp **Oink Rub, 5280 Culinary**

### 2 tbsp **Fire Honey, 5280 Culinary**

# Preparation Directions:

Wash all tools prior to use

Clean and sanitize all cutting boards and prep surfaces prior to and after use

Wash hands before and after handling any raw meat

Read all manufacturer’s instructions before using grills, starters, and any cooking tools

Clean out Traeger as needed and change drip tray liner

Fill pellet hopper with Reserve Blend Pellets

Set Traeger to 425˚ F, hit enter and hit ignite

While Traeger is heating up – prep chicken thighs as follows

Place chicken thighs (rough side up) in Mixing Bowl

Add ¼ cup of mayonnaise to the bowl and mix to coat evenly

\*\* If you don’t like mayonnaise substitute 3 tbsp canola/olive blend oil

Season to taste with Oink rub

Mix well to combine and adjust seasoning as needed

Allow to sit on the counter while grill reaches cooking temperature

Add chicken – Smooth side down first

Grill on the first side for 6 minutes and then flip the chicken thighs to the second side

Cook on the second side for 6-9 minutes or until temp reaches 165˚ F

Using tongs, remove chicken from the grill and bring into the kitchen. Allow to rest for 2-3 minutes

Drizzle with fire honey

Devour

Shelf life is 2 days for fully cooked chicken– use leftovers for tacos, burritos or a quick heat and go chicken sandwich. Discard chicken after 2 days if un-used

**SHOPPING LIST**

Traeger Timberline, Large Ace SKU – 8037251

Reserve Blend Pellets Ace SKU – 8015887

Oink Rub, 5280 Culinary Ace SKU – 8562043

Fire Honey, 5280 Culinary Ace SKU - 8017719