

Helergon Kitchen

Caramelized BBQ Chicken Thighs

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken and Rub

- [ ] 8 bone-in, skin-on chicken thighs (about 3 lbs)
- [ ] 3 tablespoons olive oil
- [ ] 1 teaspoon sea salt
- [ ] ½ teaspoon freshly ground black pepper
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon smoked paprika
- [ ] 2 tablespoons brown sugar

Caramelized Sauce

- [ ] ¼ cup ketchup
- [ ] 2 tablespoons apple cider vinegar
- [ ] 2 tablespoons Worcestershire sauce
- [ ] 2 tablespoons brown sugar
- [ ] 1 tablespoon honey
- [ ] 1 tablespoon soy sauce

Vegetables and Garnish

- [ ] 1 medium red bell pepper, sliced
- [ ] 1 cup corn kernels (fresh or frozen)
- [ ] 2 tablespoons chopped fresh cilantro (optional garnish)

Instructions

1. First things first, let's get the oven warming up to 425°F (220°C). I like to line my baking sheet with parchment paper and set a wire rack right on top—it just keeps things so much cleaner and helps the air circulate.
2. Now, take a few paper towels and pat those chicken thighs dry. Honestly, don't skip this part; it's the little secret to getting that skin really crisp.
3. In a small bowl, mix together your sea salt, freshly ground black pepper, garlic powder, smoked paprika, and some of the brown sugar for the rub. Give the thighs a good massage with the mixture until they're all coated.
4. In another bowl, whisk together the ketchup, apple cider vinegar, Worcestershire sauce, honey, and soy sauce. It smells so sweet and tangy already, yeah?
5. Drizzle about 2 tablespoons of olive oil over the thighs. I usually just give them a gentle squeeze to make sure they're evenly coated.
6. Arrange your thighs on the wire rack, skin side up. Brush a generous spoonful of that lovely sauce over each piece of chicken.

7. Pop them in the oven for 25 minutes. Then, take them out quickly to brush on another layer of sauce. Bake for another 15–20 minutes until the skin is deep caramelized and a thermometer shows 165°F (74°C).

8. While the chicken is finishing up, toss your sliced red bell pepper and corn kernels with a pinch of salt. Cook them in a skillet over medium heat for about 5 minutes until they're slightly charred. Wow, the colors look beautiful.

9. Let the chicken rest for 5 minutes—patience is key here. Garnish with that fresh cilantro and serve them right alongside those roasted vegetables.

Nutrition per serving

480 kcal	28 g	18 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a wire rack is essential for that all-around crispiness.
- Patting the skin dry is the difference between soggy and crispy chicken.
- Resting the meat allows the juices to redistribute for a more tender bite.