

# STICKY CHICKEN

**Better at 37**

Level of  
Seasoning



Add BBQ  
Sauce



Done



It'll be sticky and  
soft. Lift with tongs  
not a fork



## Chicken Marinade

- ▶ Adobo
- ▶ Sazón con azafrán
- ▶ Oregano
- ▶ Italian dressing
- ▶ Chicken wings (wing fry up the easiest, but any cut of chicken may be used)
- ▶ BBQ sauce. I prefer Kraft original

Clean, cut up and trim the chicken before placing in a disposable aluminum tray or corning ware.

Season the chicken using adobo, sazón, oregano and Italian dressing. Cover with aluminum foil. The BBQ sauce doesn't go on until the last hour.

Bake at 350\* for an hour, turning every half hour. At the hour mark, remove the aluminum foil and bake for an additional hour, turning every half hour.

At the 2 hour mark, add BBQ sauce to the top of the chicken and raise the oven temperature to 375\*. 20 minutes later, turn the chicken and apply another layer of BBQ sauce. 20 minutes after that, flip the chicken again so the side with the most skin is face up and bake for an additional 20 minutes.