



## CAFE THOMPSON RECIPE

# CAROLINA BBQ CHICKEN WITH MUSTARD SAUCE

The origins of barbecue in South Carolina can be traced to the Caribbean. Some say the first barbecue was cooked in South Carolina in the 1500s, when the Spanish introduced pigs to the American Indians and the Indians taught the Spanish how to slow-cook them over smoke.

**SERVES 6**

### INGREDIENTS

- 2 chickens, 8 cut
- 3 ounces canola oil
- 10 ounces Lillie's BBQ Finger Leeken Mild Mustard Sauce

#### BBQ Spice Mix

- 3 tablespoons brown sugar, light
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons granulated garlic
- 2 teaspoons mustard powder
- 2 teaspoons onion powder
- 2 teaspoons smoked paprika
- 1 teaspoon salt, kosher
- 1 teaspoon pepper, black, coarse grind

### DIRECTIONS

Dry the chicken pieces with paper towels to remove excess moisture. Place the chicken in a large bowl. Add the oil and mix well. Add all of the spices and mix well. Refrigerate at least 4 hours or overnight.

Grill the chicken for 3-4 minutes on each side and place on a sheet pan in a preheated 400 F for 30 to 40 minutes until the internal temperature reaches over 160 F. Brush the chicken completely with the BBQ Mustard Sauce. Place the chicken back in the oven for 3-5 minutes to glaze. Remove from the oven and serve immediately.

#### Side dishes

Potato Salad  
Hawaiian Rolls

