

BARBECUED CHICKEN #2

Stephen Ceideburg	1/4 c Hoisin sauce
3 lb Chicken, cut into 8 pieces, -skin and fat removed, or:	1 tb Cider vinegar
8 Skinless chicken breasts or -thighs	1 tb Unsulfured molasses
1/3 c Tomato ketchup	1 ts Reduced-sodium soy sauce
	1 ts Chinese chili paste with -garlic

Precooking the chicken in the microwave or gently poaching it on the stovetop before finishing it on the grill ensures that the meat is cooked through but the sauce is not charred. If you like a hotter sauce, increase the amount of chili paste.

Arrange chicken pieces in a micro-proof dish, with the thickest parts toward the outside of the dish. Cover with vented plastic wrap and microwave at HIGH (100%) 8 to 10 minutes, or until tender, turning pieces twice.

Alternatively, in a wide sauce-pan, cover chicken with cold water and bring to a simmer, skimming off any froth. Simmer gently until chicken is tender, 10 to 12 minutes.

Meanwhile, prepare the grill or preheat the broiler. In a small bowl, whisk together remaining ingredients.

With tongs, remove the chicken from the dish or sauce pan and brush both sides generously with barbecue sauce. Grill over medium-high heat or broil, basting with the barbecue sauce often, until the chicken is glazed on the outside and no longer pink inside, about 5 minutes on each side.