

# A Man's Barbequed Chicken

**Category:** Chicken

**Servings:** 8

**Rating:** 10

**Source:** Good Housekeeping Cookbook

## Description:

This was one of the first recipes that I ever made. Dead simple and delicious!

We tried it without the chicken skin to make a lower fat version, but it doesn't taste nearly as good.

## Ingredients:

1 salt	2 teaspoon
1 pepper	1/4 teaspoon
1 tomato juice	1-1/2 cup canned
1 cayenne pepper	1/4 teaspoon
1 dry mustard	1/4 teaspoon
1 bay leaf	1
1 worcestershire sauce	1-1/2 tablespoon
1 cider vinegar	3/4 cup
1 sugar	1 teaspoon
1 garlic	3 cloves minced
1 chicken	5-6 pound pieces
1 butter, unsalted	3 tablespoon
1 onion	3 medium sliced

## Instructions:

Early in the day or the day before make the BBQ sauce by combining in a saucepan: salt, pepper, tomato juice, cayenne, mustard, bay leaf, worcestershire, vinegar, sugar, garlic, and butter. Simmer, uncovered, for 10 minutes. Refrigerate. About 1-1/2 hours before serving, heat the oven to 425°. Arrange the chicken, skin side down, in a single layer in a shallow open pan. Sprinkle with salt and pepper and arrange the onions on the chicken, tucking under wings and legs, etc. Pour on the BBQ sauce. Bake, uncovered, basting often, about 30 minutes. Turn and bake 45 minutes longer, or until a fork can be inserted easily into the legs.