

BBQ Drumsticks

September 1st, 2023

This recipe serves: 4

Prep Time: 00:15

Cook Time: 01:00

This is an easy BBQ dish that requires very little effort and can be on the table in less than 1 hour. I am not a fan of cooked Chicken Skin, so I typically remove the skin. This allows all the flavor of your BBQ to soak into the meat and not just the skin. Cooking the drumsticks with the skin on may require additional cooking, so if you don't want to remove the skin, you may need to experiment with the cooking time. I like to use a Carolina Mustard style sauce, but you can use any store bought or homemade BBQ sauce.

Ingredients:

12 Chicken Drumsticks, skin removed

8 Ounces (1 Cup) BBQ Sauce

If using Instant Pot method: 1 Cup (8 ounces) Chicken Stock

Directions:

Oven Method:

Stack the Drumsticks in a medium bowl.

Brush the Drumsticks with about 4 Ounces of BBQ sauce, ensuring that the Drumsticks are fully coated.

Preheat the oven to 400° F.

Cover a large sheet pan with aluminum foil.

Place a wire rack on the foil.

Use tongs to move the Chicken Drumsticks to the rack. Arrange the Drumsticks so that they are not touching each other. Place the oven rack about 8 inches away from the top element.

Bake the Drumsticks for 25 minutes.

Use tongs to flip each drumstick.

Apply a fresh coating of BBQ Sauce onto each Drumstick.

Bake for another 22 minutes.

Alternatively...

Instant Pot Method:

Add the Chicken Stock into a large (4 qt) Instant Pot.

Place a trivet in the bottom of the bowl.

Carefully place each Drumstick into the Instant Pot bowl.

Drizzle with half (4 ounces) of the BBQ Sauce.

Seal the Instant Pot and set on High for 10 minutes.

After the timer runs out, allow to naturally release pressure for about 5 minutes, then manually release the remaining pressure.

Remove the Drumsticks from the Instant Pot and cover with the remaining 4 Ounces of BBQ Sauce.

Finish the Drumsticks:

Set the broiler on High. Broil for 3 to 6 minutes, to add a bit of a char to the Drumsticks.

Remove from the oven and rest the chicken for 5 to 10 minutes.

Serve with French Fries and a Salad.