

FILIPINO BBQ CHICKEN



For the Marinade:

¾	Cup	Banana Ketchup
¾	Cup	Lemon-Lime Soda (7-Up or Sprite)
½	Cup	Soy Sauce (or NoSoy Sauce)
4	Cloves	Garlic, crushed
2	Tablespoons	Brown Sugar
1	Teaspoon	Black Pepper
1	Large	Lemon, zested & juiced (about ¼ cup)
2½-3	Pounds	Chicken Thighs, boneless/skinless

For the Basting Sauce:

¾	Cup	Banana Ketchup
¼	Cup	Soy Sauce (or NoSoy Sauce)
1	Tablespoon	Brown Sugar
2	Tablespoons	Vegetable Oil (I use Corn Oil)
1½	Teaspoons	Fish Sauce

Directions:

1. Whisk together the ketchup, soda, soy sauce, garlic, brown sugar, pepper, lemon zest and juice until combined. Add the chicken thighs and toss to coat thoroughly. Cover, refrigerate and let marinate overnight.
2. When ready to grill, remove from refrigerator while you whisk the ingredients for the basting sauce. Grill over medium-high heat, turning and basting every 2 to 3 minutes.
3. Remove when the internal temperature is 160°. Let rest for 5 minutes before serving.

If desired, the chicken can be sauteed in a skillet over medium heat, turning and basting every 2-3 minutes. It could also be baked in a 9x13 baking dish at 375° for 12 to 15 minutes. Cover the bottom of the dish with the basting sauce, and turn the chicken over halfway through cooking.