

# Grilled Teriyaki Chicken

[Doug Keiles of Ribs Within BBQ](#)

From the Yale Appliance + Lighting Chef Series

### Ingredients:

- 1 Cup soy sauce
- 2 table spoon sugar (I use cane sugar)
- 2 table spoon rice wine vinegar
- 1 table spoon BBQ Rub (Ribs within Rub 4 All recommended)
- ½ cup BBQ sauce (Red) and some olive oil or sesame oil

### Method:

1. Stir ingredients until sugar and rub have melted. (Don't heat)
2. Take chicken out of the refrigerator, trim and place in a plastic bag or closable, not metal container with a lid.
3. Pour ¾ cup of liquid into the bag or container.
4. Reserve the rest of the marinade and squeeze out the air and close.
5. Shake until liquid covers all the chicken.
6. Place chicken in refrigerator.
7. Combine remainder of marinade with your ½ cup of your favorite BBQ sauce.
8. Start gas grill (3 burners) on high for 10-15 minutes. If using charcoal start the coals BEFORE you start the marinade process.
9. When your grill is hot, take the chicken out of the fridge.
10. Shake the chicken again.
11. Remove chicken from the bag and place on a plate or serving tray (remember you cannot put cooked chicken back on a plate that had raw chicken on it).
12. Turn one burner off, one on low, and one on medium.
13. Brush chicken very lightly with olive oil (sesame oil will work, too and adds a more Asian flavor)
14. Place the chicken on the medium burner and close the cover for 3 minutes.
15. Open the cover and rotate the chicken ¼ turn and cook for 1 more minute.
16. Flip chicken and cook with lid closed for 3 more minutes.
17. Rotate ¼ turn for one minute.
18. Depending on the thickness of your pieces, they could cook or they may need a 2 more minute on the low burner.
19. When chicken is cooked to you desired doneness, on the low burner, paste one side of the chicken with the BBQ sauce and flip. Baste the second side and close the lid for 1 minute or so.
20. Flip and close for the final minute.
21. Take the chicken off and place on a serving tray cover for 5 minutes (rest) and then eat.