Smoked chicken

https://www.hungryhuy.com/smoked-chicken-thighs/

Ingredients

Chicken thighs

1 ½ lbs chicken thighs bone-in and skin-on
olive oil

Dry rub

- [ ] 1 tbsp dark brown sugar
- [ ] 1 tbsp garlic powder
- [ ] 1 tbsp onion powder
- [ ] 1 tsp fresh oregano minced
- [ ] 1 tsp ground mustard powder
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp cayenne powder
- [ ] 1 ½ tsp kosher salt
- [ ] ½ tsp ground black pepper

Equipment Used

- [ ] smoker
- [ ] pellets or wood chips
- [ ] paper towel
- [ ] tongs
- [ ]

instant read thermometer

- [ ] small mixing bowl

- [ ] spoon or small whisk
- [ ] plate
- [ ] measuring cups and spoons

Instructions

1. Use paper towels to dry off the chicken thighs and, place them on a plate or sheet pan, set aside.
2. In a bowl, combine all the dry rub ingredients until blended together.
3. Use a spoon to peel the center of the skin and meat to make a pocket. Place a teaspoon of the dry rub into this pocket and spread it thoroughly.
4. Thoroughly coat the chicken thighs with the dry rub, including in between the skin and meat.
5. Place the chicken thighs on the plate and refrigerate for at least four hours (and no more than 12 hours) uncovered. Remove them from the fridge and place them on the counter to come to room temperature for at least 30 minutes up to an hour before smoking.
6. Preheat the smoker for ~5 minutes or according to your manufacturer's suggestion. My Traeger needs about 5 minutes with the lid on. Afterwards, crank the temp knob to 225 °F.
7. Drizzle the chicken with olive oil lightly to coat the skin.
8. Smoke the chicken directly over the grates until it measures 160 °F at the thickest part near the bone with an instant-read thermometer.
9. Raise the temperature to 400 °F and continue to cook for an additional 10-15 minutes, or until the internal temperature measures 175 °F and the skin is crispy.
10. Remove from the smoker and let it rest for 10 minutes before serving.

Nutrition Facts

Calories: 537.6kcal | Carbohydrates: 9.69g | Protein: 37.92g | Fat: 38.14g | Saturated Fat: 10.22g | Polyunsaturated Fat: 7.99g | Monounsaturated Fat: 15.81g | Trans Fat: 0.19g | Cholesterol: 222.26 mg | Sodium: 1342.67mg | Potassium: 564.95mg | Fiber: 1.36g | Sugar: 4.28g | Vitamin A: 657.33IU | Vitamin C: 0.9mg | Calcium: 49.17mg | Iron: 2.31mg

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Revision #6
Created 2024-12-29 00:11:59 UTC by Noah Moyer
Updated 2024-12-29 00:22:29 UTC by Noah Moyer