



**OPINIONATED
PALATE
CATERING**

BBQ Chicken Legs

- ← 3 lbs chicken drumsticks = 8
- ← 2 tbsp olive oil
- ← 1 onion, finely chopped
- ← 2 garlic cloves, finely chopped
- ← 1 cup BBQ sauce
- ← 1/2 cup carrot juice
- ← 1 tbsp brown sugar
- ← 1 tbsp smoked paprika
- ← 1 tbsp chili powder
- ← 2 tsp ground cumin
- ← 2 tbsp cider vinegar
- ← 2 tsp smoked chipotle
- ← Salt and pepper, to taste
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Heat the oil in the Yedi Pressure Cooker over medium high heat until shimmering. Season chicken with salt & pepper, then working in batches sear the chicken drumsticks until brown. Remove from pan then add the onion and garlic, scraping up any browned bits stuck to the bottom of the pan. Add carrot juice, the BBQ sauce, chipotle and vinegar to the pan, then sprinkle on the dry spice blend and return drumsticks to pan. Place the lid on the Yedi Pressure Cooker and cook on high for 15 minutes. Allow pressure to reduce then carefully remove lid. Serve chicken with sauce for drizzling.

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← Recipe by Chef Barry Sexton

