

BARBECUE CHICKEN FILLETS + COLE SLAW

by BOB SYKE'S BBQ



INGREDIENTS

FOR BBQ CHICKEN FILLETS:

- 2 pounds skin on chicken fillets
- 8 ounces salt
- 8 ounces sugar
- 4 ounces seasoning salt
- 2 ounces garlic powder
- 2 ounces black pepper

FOR COLE SLAW:

- 1/3 cup mayonnaise
- 1 1/2 tablespoons of vinegar
- 1 tablespoon sugar
- 7 cups finely cut green cabbage
- 1 cup grated peeled carrots chopped
- Fresh parsley

DIRECTIONS

Combine salt and sugar in a mixing bowl; add 32 ounces of water. Blend with whisk - do not heat to blend. Place this Brine mixture in the refrigerator and chill.

Place fillet on a pan. With the skin on, mix the salt, pepper, and garlic in a mixing bowl and blend by hand. Sprinkle the rub on both sides of the fillets. Cook over direct fire at 350 degrees until an internal temperature of 165 degrees.

Remove the skin and chop the fillets; add Bob Sykes BBQ sauce!

For the coleslaw, first mix mayonnaise, vinegar, and sugar in a large bowl. Next, add the cabbage and carrots; toss to coat. Season with salt and pepper to taste.

CHEF'S NOTE:

Prepare the coleslaw up to four hours ahead so it'll be ready with your fillets. Be sure to cover and refrigerate.