

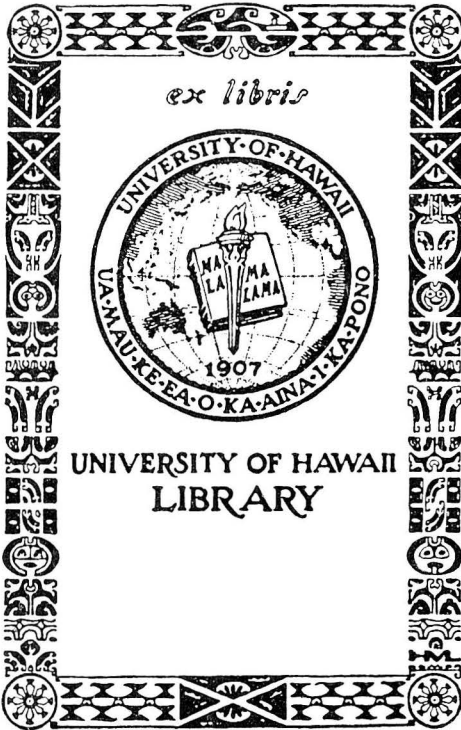


# CHICKEN BARBECUES

SILAS L. McHENRY

State Specialist in Poultry

UNIVERSITY OF HAWAII  
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# CHICKEN BARBECUES

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Barbecued chicken is a delightful meal to serve in Hawaii, where the ideal climate has made outdoor dining popular the year round. A chick-n-que, as it is sometimes called, is an excellent way to entertain family and friends, or for any social gathering.

Several hundred persons can be served a barbecued chicken dinner in a short time with very little labor. Some organizations, such as 4-H clubs, have conducted chicken barbecues as money-making projects. For small groups, various types of commercial or home-made barbecue equipment can be used. Charcoal is a convenient source of heat for barbecuing outdoors, while an electric rotary barbecue can be used inside a house or store.

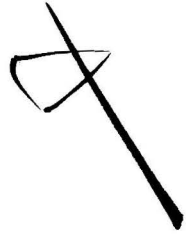
Anyone can learn to barbecue chicken. Children enjoy doing it, since they like the picnic atmosphere. It appeals to many men who like outdoor activities. At social gatherings, everyone wants to help.

## EQUIPMENT

The simplest type of barbecue pit is a section of 1 x 1 inch welded wire laid over 2 rows of cinder blocks, set up without mortar 3 high, spaced 40 inches or 2½ blocks apart, and supported by ½-inch wire rods laid across the pit. A more convenient arrangement is to construct 3 x 3 feet grills with handles for easy turning. The grills can be built in double sections clamped together to hold the chicken securely while turning, or in single sections with one extra section to hold the chicken down while turning. Depending on the size of the chickens used, 30 to 40 halves can be placed on a grill this size. Grill plans are shown in Appendix C.

Portable pits may be made of sheet iron with side walls 2 feet high, reinforced with metal braces and built in sections for easy dismantling. This type is used by commercial barbecuers on the Mainland, who travel over entire states or even larger areas.

Economical pits for a family or small group can be constructed from a 55-gallon metal drum split lengthwise — 2 pits from each drum. A piece of ½-inch pipe about 6 inches long is welded to each corner of the drum. The legs can be made of 1-inch pipe about 3 feet long. These slide over the smaller pieces of pipe, making the grill easily portable. This drum barbecues 20 chicken halves at a time. Portable barbecue grills sold at many stores are also suitable for informal outdoor cooking.



## PREPARING CHICKEN

Ready-to-cook chickens weighing about  $1\frac{1}{2}$  to  $2\frac{1}{2}$  pounds are suitable for barbecuing. Necks and backs are removed by cutting on both sides of the backbone, so halves will weigh from  $\frac{3}{4}$  to  $1\frac{1}{4}$  pounds. Larger chickens should be quartered to aid in serving.

The backbone, breastline, neck, gizzard, heart, and liver can not be barbecued satisfactorily but should be salvaged to use later for soup or gravy.

## FUEL AND FIRE

Charcoal briquets are preferred for barbecuing chicken. These can be purchased locally in 10- or 20-pound bags. One-half pound of charcoal per serving of chicken, or 20 pounds per 3 x 3 grill, is the amount recommended, but it is advisable to have an extra supply on hand. Regular charcoal is also suitable.

Start fire 2 hours ahead of serving time. The bags of briquets are placed in the pit, torn open, and sprinkled with kerosene (1 pint per 20-pound bag) for igniting. They are allowed to burn in the pile for 15 to 20 minutes before being raked out. Briquets will be white when ready to spread. It is important to distribute the fire evenly throughout the pit. If a second lot of chicken is to be cooked, usually only one-half as many briquets are used as for the first lot.

Barbecuing success depends on the way the broilers are cooked. It usually takes about 1 hour and 15 minutes to cook the chicken thoroughly, depending on the heat of the fire and the size of the broiler halves. If the fire is too hot, the grills may be

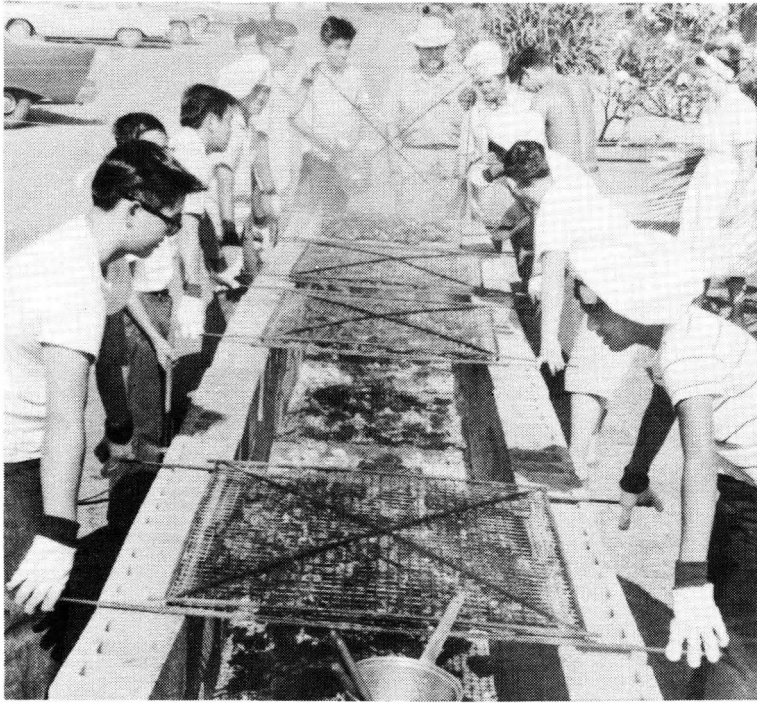
raised by placing additional blocks under the grill handles, some of the briquets may be raked to one end, or water may be sprinkled into the pit. If there is not enough heat, use more charcoal.

Grills should be turned every 2 to 4 minutes, depending on the fire. Use clean rubber or cotton gloves to turn the chicken. Do not keep the flesh side of the chicken over the fire as long as the bone side, to avoid blistering the skin. Baste the chicken with sauce every time it is turned except the last time. This will give the chicken a chance to dry. A stainless steel sprayer for thin sauces or a new dish mop for thick sauces may be used for basting.

Continue barbecuing until flesh is thoroughly cooked. This can be tested by twisting the leg; the hip joint will separate easily from its socket when the chicken is done. The wing joint can also be twisted to see if the bones part easily. Do not stick a fork into the chicken because this allows natural juices to escape.

Chicken tastes best when it is served warm. Cardboard boxes lined with aluminum foil or milk cans may be used to hold the chicken if barbecuing is done before serving time. The chicken will stay warm for an hour if covered.





**Fig. 1. 200 chicken halves being barbecued by 4-H boys on Maui.**

## **SAUCE**

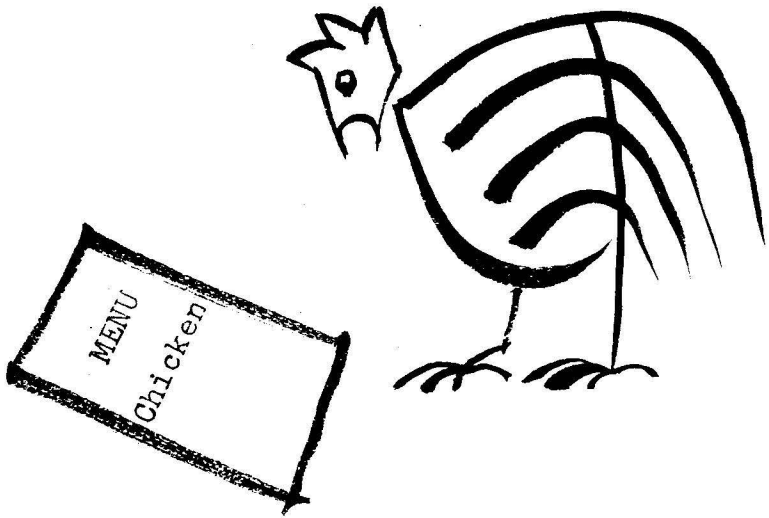
Sauces are used to keep chicken moist while cooking (by basting) and to bring out the taste of the meat. Some people prefer to use a simple, mild sauce so that the natural chicken flavor will be predominant. Other people prefer a spicy sauce.

A simple, economical sauce suitable for spraying can be prepared for 10 chicken halves as follows. Mix the following ingredients and heat to the boiling point. Keep warm during basting.

- 2 cups vinegar
- 1 cup water
- ½ pound butter
- 2 tablespoons salt

Other recipes for barbecue sauce are given in Appendix B.





## **MENU**

Plan the menu to fit the number and kind of people served, as well as the weather, location, and budget. Keep the menu simple and easy to prepare for large groups. Plan it so that no knives, forks, or spoons are needed.

Rolls or French bread is always popular, particularly if served warm. Bread can be sliced, buttered, wrapped in aluminum foil, and heated in the oven. Potato chips, rice, or baked beans may be served. Cole slaw, tossed greens, or tomatoes are suitable for a salad.

Coffee is a popular beverage; so are milk, fruit punch, and iced tea. Dessert is optional; it may be served as part of the meal, paid for separately, or not served at all. Ice cream cups, cup cakes, or individual pies are all popular.

Other items needed are salt, pepper, sugar, cream (if coffee is served), and butter. Sometimes extra items, such as pickles, celery, and preserves, may be served. For small groups, corn on the cob is a favorite vegetable and watermelon or mangoes (when in season) make popular desserts.

## SERVING

A suggested arrangement for serving a large group of people is shown in Figure 2. You may use rope and posts to mark off the serving area. Each server at tables "F" (see Figure 2) should place one item of the meal on the plate and then pass it along until the plate is complete. He or she then places the filled plate on tables "G." Have the crowd line up in a single file and follow the arrows, first picking up their filled plate at tables "G" and then beverage and dessert at tables "H."

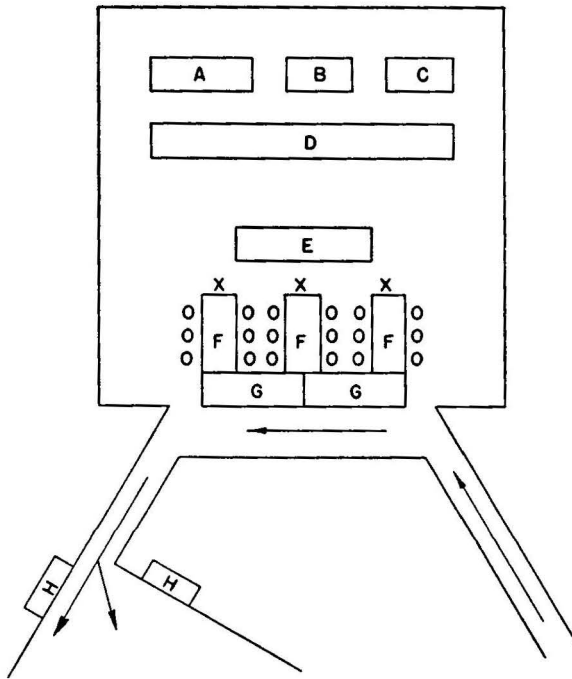


Fig. 2. Arrangement for serving a large group of people.

- |                            |                             |
|----------------------------|-----------------------------|
| A. Iced broiler halves     | B. Loading table for racks  |
| C. Sauce table             | D. Barbeque pit             |
| E. Supply table            | F. Serving table            |
| G. Table for filled plates | H. Table for beverage       |
| O. People for serving      | X. Barbequed chicken supply |

## ORGANIZATION AND COMMITTEES

Careful planning is necessary for a successful barbecue. For a large-scale operation, it is suggested that persons or committees be assigned specific responsibilities. There will be variations, depending on the type of activity scheduled, but committees may be set up as follows:

- **GENERAL CHAIRMAN.** Oversees the complete operation. Be free enough to check on all other committees, call and conduct meetings.
- **PUBLICITY.** Needs to know news channels—radio, television, newspapers, etc. Prepares handbills, posters, and makes tape recordings to publicize the place, date, program, menu, and price.
- **TICKET SALES.** Distributes tickets to salespersons. Keeps advanced sales records and sets deadline for money and unsold tickets to be returned. Sets up ticket sales at barbecue site. Counts tickets and money.
- **FOOD.** Procures proper quality and quantity of food at the best price and arranges for delivery and storage at the barbecue.
- **PURCHASING AGENT.** Checks and clears all purchases. It is easy to keep a record of materials and finances this way.
- **OPERATIONS OFFICER.** Makes arrangements for all physical equipment, such as pits, serving tables, picnic grounds, grills, and public address system.
- **ENTERTAINMENT.** Secures best entertainment to fit the occasion. Uses local talent whenever available.
- **PIT CREW.** Builds fire, loads racks with chicken, barbecues, bastes, and unloads racks. Healthy young men should be selected for this job.
- **SERVING.** Arranges orderly serving to accommodate crowd in least amount of time.

- **PARKING AND TRAFFIC.** Arranges with local police or authorities for proper space and an orderly system.
- **CLEAN UP.** Cleans grounds for the benefit of the owners or custodians of the property and for those who will come after.
- **SPECIAL.** Queen contest, door prizes, dancing, games, sports, or other special functions should each have a committee.

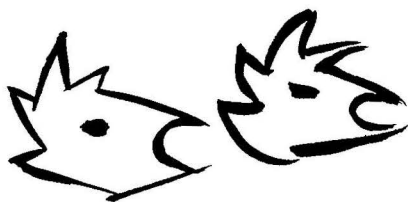
## **LEFTOVERS**

If there is any chicken left over, an announcement can be made to the group that it can be bought at cost. Barbecued chicken is delicious served cold or reheated in the oven at home. It may be held in a refrigerator for a few days.

Other leftover items may be more difficult to dispose of. It is better to sell these items at a fraction of their cost rather than try to hold them indefinitely.

## **CLEAN UP**

After everyone has eaten, there is still work to be done. The clean-up crew makes sure that all paper, bottles, and other trash are placed in proper receptacles. The fire should be extinguished and any borrowed item returned. Be considerate of others and you'll be invited to use the place again.



## Appendix A

### FOOD SUPPLIES AND EQUIPMENT FOR A BARBECUE

Number of people	35	105	420
Number of grills	1	3	12
Pit, number of blocks (8x8x16)	36	66	201
Pit width, in blocks	3½	3½	3½
Pit length, in blocks	3½	8½	32
Charcoal briquets, 20-lb. bags	1 to 1½	3 to 4	12 to 18
Broilers	½ broiler per serving		
Barbecue sauce			
Water	1½ pts.	2 qts.	2 gals.
Vinegar	1½ qts.	1 gal.	4 gals.
Butter	1½ lbs.	4 lbs.	16 lbs.
Salt	3 oz.	½ lb.	2 lbs.
Paper plates	40	120	480
Coffee cups	40	120	480
Spoons, wooden or plastic	40	120	480
Forks, wooden or plastic	40	120	480
Straws	40	120	480
Paper napkins	70	220	880
Salt and pepper shakers	3 prs.	8 prs.	20 prs.
Rolls	4 doz.	10 doz.	40 doz.
Rice	4 lbs.	10 lbs.	40 lbs.
Salad or slaw	4 qts.	10 qts.	40 qts.
Potato chips	2 lbs.	4 lbs.	16 lbs.
Sliced tomatoes	5 lbs.	15 lbs.	60 lbs.
Mixed sweet pickles	1½ qts.	1 gal.	4 gals.
Butter	1 lb.	2 lbs.	8 lbs.
Coffee or tea	4 gals.	10 gals.	40 gals.
Coffee cream	1½ qts.	3 qts.	12 qts.
Sugar	1 lb.	1½ lbs.	6 lbs.
Milk, ½ pt.	12	25	100
Ice cream	1½ gals.	4 gals.	16 gals.

## Appendix B

### CHICKEN BARBECUE RECIPES

#### Oven Barbecue

Yield: 4 servings

- 1 three-pound chicken
- 1 medium-size onion, chopped
- ½ cup water
- 1 teaspoon salt
- 1 tablespoon vinegar
- 3 tablespoons shortening
- ⅓ cup brown sugar
- ½ tablespoon prepared mustard
- 1 tablespoon Worcestershire Sauce
- 1 eight-ounce can tomato sauce

Cut chicken in serving pieces and brown in hot shortening in frying pan. Place browned chicken pieces in roasting pan. Brown chopped onion in remaining shortening; add the rest of sauce ingredients and simmer 30 minutes. Pour sauce over chicken and cover pan. Bake in moderate oven (350° F.) for 1 hour or until tender.

#### Quick-Chick Sauce

Yield: 1 quart thick sauce to be brushed on 4 chickens

- ½ teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon prepared mustard
- 2 teaspoons sugar
- 1 can condensed tomato soup
- 1 cup vinegar
- 1 cup water
- 1 tablespoon Worcestershire Sauce
- ¼ cup cooking oil

Blend dry ingredients in mixing bowl or quart jar. Add remaining ingredients in order given. Mix thoroughly. For oven barbecuing add ½ cup water to sauce and pour over chicken halves in baking pan.

## **Rotisserie Barbecue With Robin-Red Sauce**

Yield: 2 barbecued chickens

2 two-pound chickens

1 teaspoon salt

Fat or oil

### **Sauce**

Yield: Sauce for 2 to 4 chickens

1 tablespoon onion salt

1 tablespoon dry powdered mustard

$\frac{3}{4}$  teaspoon ground pepper

1 teaspoon Tabasco Sauce

$\frac{1}{2}$  bottle Worcestershire Sauce

2 cups tomato paste

1 cup water

1 cup vinegar

$\frac{1}{3}$  cup butter, margarine, or salad oil

Combine sauce ingredients in saucepan and heat to boiling. Keep hot for basting chicken. Rub chicken cavities with salt. Place spit through cavities with drumsticks at both ends. Truss birds on spit by wrapping cord around them, as in a rolled roast, to hold wings against breasts and make turning easy. Baste birds and cord with fat or oil. Begin cooking. After chickens are brown (about 45 minutes), baste with hot Robin-red Sauce every 15 minutes until done. A pan underneath chicken will catch sauce to use again for basting or serve with chicken. Total time:  $1\frac{3}{4}$  to 2 hours for well-done chickens. Allow 45 minutes per pound when barbecuing 1 chicken.

### **Chicken Barbecue Sauce**

Yield: Sauce for 5 servings

- ½ cup cooking oil
- 1 cup cider vinegar
- 5 teaspoons salt
- ¼ teaspoon pepper
- 1½ teaspoons poultry seasoning
- 1 egg, well beaten

Yield: Sauce for 100 servings

- 2 quarts cooking oil
- 4 quarts cider vinegar
- 3 cups salt
- 5 teaspoons pepper
- 1 cup poultry seasoning
- 10 eggs, well beaten

Combine ingredients and heat before using to baste chicken.

### **Fryer Festival Sauce**

Yield: 1 gallon of thin sauce to be sprayed on 100 servings

- 10 cups peanut oil
- 1 cup lemon juice
- 3 cups water
- 2 cups distilled white vinegar
- ½ ounce pure garlic powder

Mix garlic powder in small amount of oil, then pour all ingredients into oil and stir vigorously. No cooking necessary. Keep sauce stirred often.

### **Clemson Sauce**

Yield: Sauce for 5 chickens or 10 halves

- ½ cup water
- ½ cup vinegar
- 1 cup catsup
- ¼ pound butter or margarine
- 2 tablespoons salt
- 1 tablespoon sugar
- 1 tablespoon Worcestershire Sauce
- 1 teaspoon Tabasco Sauce
- ½ teaspoon pepper
- 1 medium-size onion, finely chopped

Bring sauce to boil to mix; let stand overnight to blend flavors. Keep sauce warm while basting. Apply with new brush or dish mop.



### **Home-Style Barbecue Sauce**

Yield: Sauce for 5 broiler halves

- ½ cup cooking oil
- 1 cup cider vinegar
- 2 tablespoons salt
- 1½ teaspoons poultry seasoning
- ¼ teaspoon white pepper
- 1 egg

Combine ingredients and heat before using to baste chicken.

### **All-Purpose Barbecue Sauce**

Yield: Sauce for 5 chickens or 10 halves

- 1½ teaspoons salt
- 4 teaspoons sugar
- ¾ cup catsup
- ½ cup vinegar or lemon juice
- ½ teaspoon garlic salt
- 1 teaspoon pepper
- ¼ cup butter, margarine, or salad oil
- 1½ teaspoons paprika
- 1 teaspoon Worcestershire Sauce
- 1⅓ cups water
- 2 small-size onions, chopped fine

Heat ingredients to a rolling boil to mix, then let stand overnight to blend flavors. Keep hot while basting.

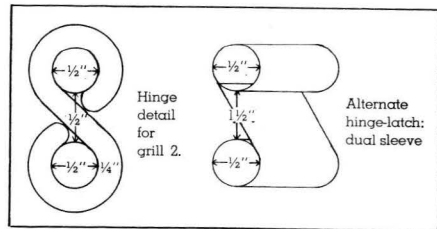
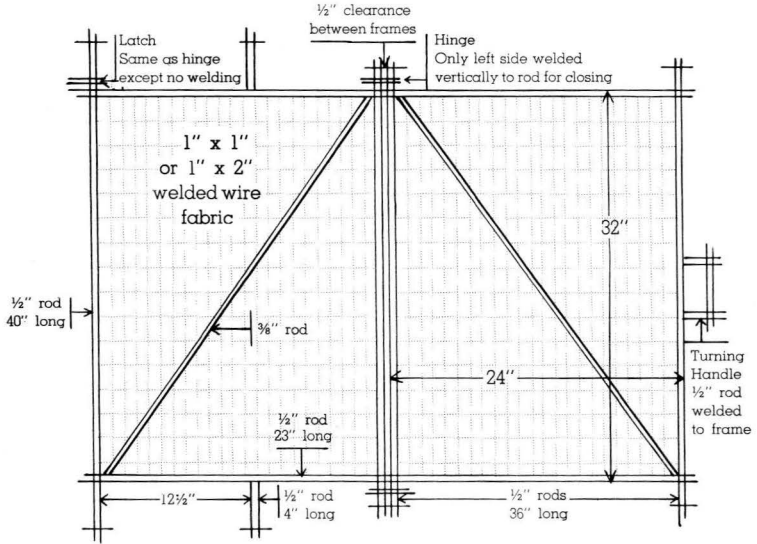
### **Teriyaki Sauce**

Yield: Sauce for 2 two-and-a-half-pound broilers

- 1 cup shoyu sauce
- ½ cup sugar
- ¼ teaspoon monosodium glutamate
- 1 clove garlic, crushed
- 1 piece ginger, crushed

Combine ingredients and soak chicken in sauce for 30 minutes. Broil.

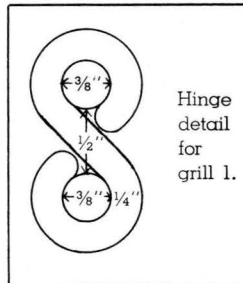
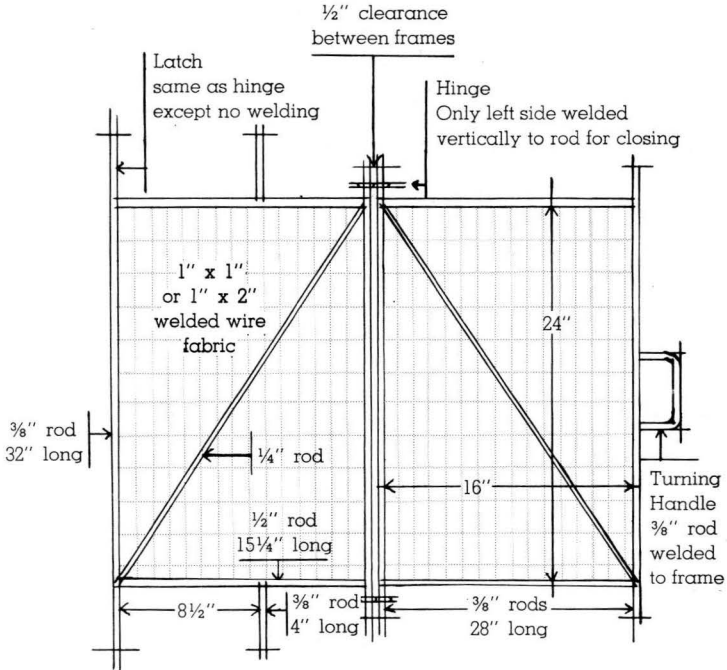
**2. Grill for 16 to 20 chicken halves (24 x 32 inches)**



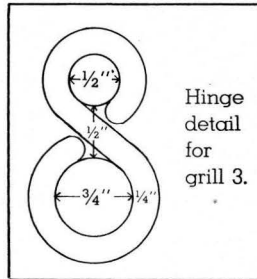
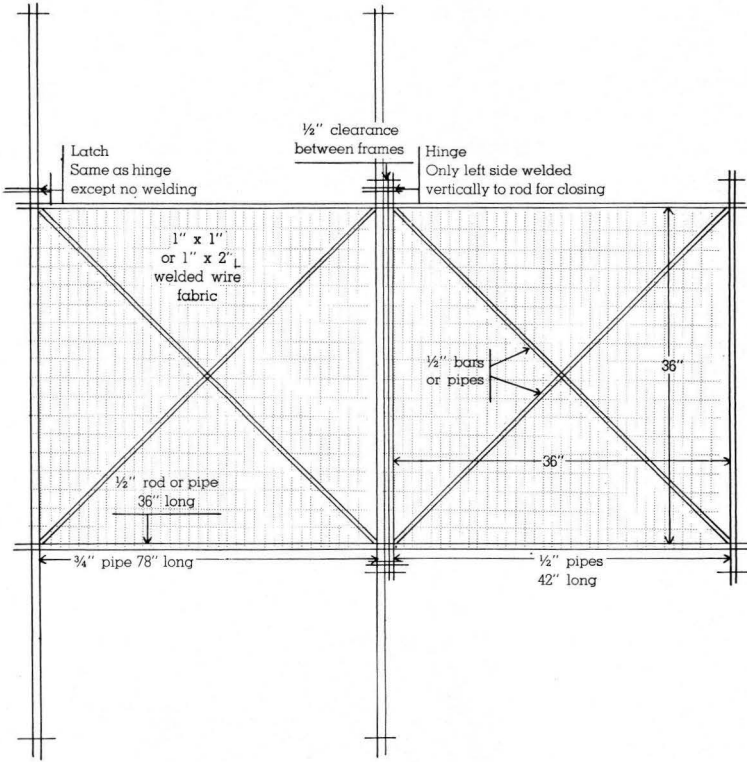
# Appendix C

## GRILL PLANS

### 1. Grill for 8 to 10 chicken halves (16 x 24 inches)

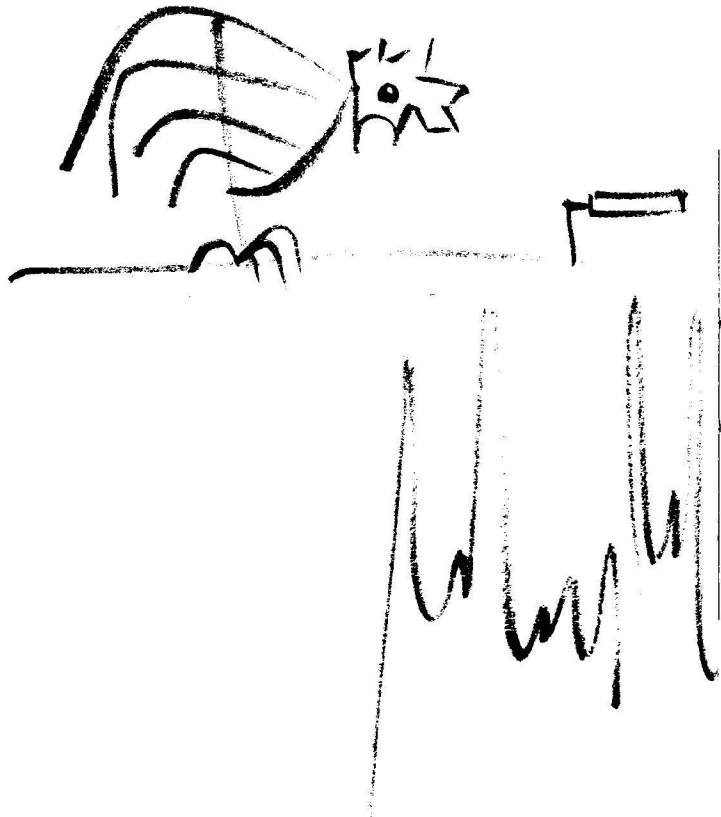


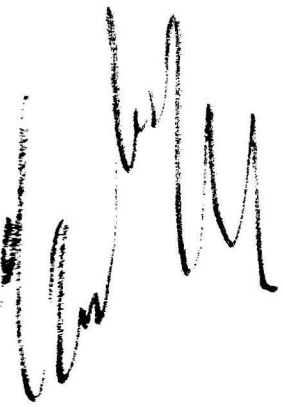
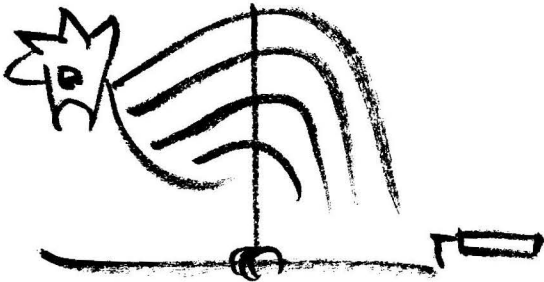
**3. Grill for 30 to 40 chicken halves (3 feet square)**



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