

STICKY BBQ CHICKEN SKEWERS

YIELDS: 8 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES



DISH INSPIRATION

These Sticky BBQ Chicken Skewers are sweet, smoky, and irresistibly caramelized, thanks to a quick brown-sugar BBQ marinade that coats the chicken in glossy flavor. They sear up tender and sticky—perfect for cookouts, weeknight dinners, or holiday gatherings.

RECIPE NOTES

Soak wooden skewers — *prevents burning and helps cook evenly*

Mix sauce well — *blends flavors and dissolves sugar*

Coat chicken fully — *more surface area for sticky glaze*

Cook in batches — *avoids overcrowding and ensures caramelization*

Wipe pan between batches — *prevents burning*

Serve warm — *glaze thickens and shines as it cools slightly*

INGREDIENTS

- 1½ pounds chicken breast tenderloins
- 2 cups barbeque sauce (chef's choice)
- 1½ teaspoons black pepper
- ½ cup dark brown sugar
- 1 tablespoon hot sauce
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- 9 tablespoons vegetable oil
- 6–8 wooden skewers

INSTRUCTIONS

1. Soak wooden skewers in warm water for 20 minutes.
2. Mix BBQ sauce ingredients in a bowl until smooth.
3. Coat chicken tenders in sauce; thread 2 tenders per skewer.
4. Heat oil in a skillet over medium heat.
5. Cook skewers in batches: 3 minutes per side, covered, until sticky and cooked through.
6. Wipe pan and add oil between batches.
7. Serve warm for best flavor and glossy glaze.
8. Cool slightly and serve with [Warm Bacon Potato Salad \(No Mayo\)](#).

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