

Barbeque Chicken Drumsticks

Contributed by Todd Armstrong

Ingredients:

Chicken drumsticks	Soup pot with cover
Salt	Cookie sheet
Oil	Aluminum foil
Barbeque Sauce (any brand/flavor)	Fork and tongs
	Oven

Equipment:

Instructions:

1. Put drumsticks into soup pot, and fill with water to cover.
2. (I like to fill it once, empty it, and fill it again, to wash the chicken.)
3. Add 1.5 teaspoons salt to water; here you could also add pepper or peppercorns, a couple bay leaves, and/or garlic (fresh or powder).
4. Cover, and heat to a simmer on medium high heat.
5. Once the chicken comes to a simmer, turn heat to medium, and boil chicken about 10 minutes.
6. While chicken is simmering, preheat oven to 400 degrees.
7. Prepare cookie sheet by covering with foil, and oiling with cooking spray or oil.
8. Check doneness by inserting a fork; there should be no blood coming out of holes left by fork. Once the chicken is done, remove from the water with tongs or the fork, and place on foil-lined cookie sheet.
9. Cover each drumstick with generous amount of barbeque sauce. (You can also just season with salt and pepper and any other spices you like, for a version without sauce.)
10. Cook in 400 degree oven for 20-25 minutes, checking chicken after 10 minutes, and turning, and adding a bit more sauce, or spoon
11. sauce from cookie sheet onto chicken drumsticks.
12. To char chicken a bit, place under broiler for 4-6 minutes; leave door slightly ajar while broiling.
13. Remove from oven, and put on a platter, garnish with sliced oranges. This dish goes well with mac and cheese or cheesy mashed potatoes.