



# grilled chicken thighs serves 4 people

## Chicken Thighs

- 6-8 – Bone-in chicken thighs  
Top Knot Farms – Heirloom Farmers Markets
- 16oz. Prickly Pear Kombucha  
Fermented Tea Co. – Heirloom Farmers Markets
- 2 T Salt
- 2 T Sugar
- 3 Sprigs, thyme
- 1 Lemon, Halved
- Avocado Oil, as needed

## Kombucha BBQ Sauce

- 3 Garlic cloves, minced  
Multiple Vendors – Heirloom Farmers Markets
- ½ Onion, minced
- 1 T Olive oil
- 1 T Pickling spice, ground
- ¼ C Brown sugar
- 2 T honey  
Terry's Apiaries – Heirloom Farmers Markets
- 16oz. Prickly Pear Kombucha  
Fermented Tea Co. – Heirloom Farmers Markets
- ½ C ketchup
- Salt and freshly cracked black pepper

**chicken thighs:** Start with a clean work area and cutting board.

Combine the kombucha, salt, sugar, thyme and lemon together and whisk until dissolved. Add to a plastic ziplock bag and add the chicken thighs.

Let the chicken brine at least 1 day or up to 3 days.

Remove the chicken from the bag and pat dry. Heat the grill to medium high heat.

Season the chicken with salt and pepper and lightly spray with avocado oil. Grill on each side 5-8 minutes until cooked through while basting with the kombucha bbq sauce.

Serve aside quinoa salad or other preferred garnishes.

**bbq sauce:** Start with a clean work area and cutting board.

Heat the olive oil in a sauce pot over medium heat. Sweat the onions and garlic until translucent about 5 minutes. Add the remaining ingredients and bring to a boil.

Simmer for 15 minutes until the bbq sauce has reduced and become syrupy. Use the bbq sauce to glaze the chicken as it cooks.

You can reserve the left over bbq sauce for other uses.