BBQ

Honey glazed Persian chicken thighs with jewelled rice

Sticky, golden chicken thighs over basmati with soft sultanas and sharp, juicy pomegranate seeds.

Serves 4 · Prep 15 min

Equipment Lidded BBQ with two heat zones, drip tray, saucepan with a lid, clean brush and probe

Heat 180-190°C indirect

Cook 40-50 min

Total 60-70 min plus BBQ heat-up

You will need

1 kg bone-in, skin-on chicken thighs, about 6-8 thighs
60 g Smoke & Flame Persian blend
1 tbsp rapeseed oil
2 tbsp clear honey
1 tsp lemon juice
240 g basmati rice
1 tbsp rapeseed oil
1 shallot, finely chopped
1 tsp Smoke & Flame Persian blend, level
45 g sultanas
360 ml water
½ tsp fine sea salt
80 g pomegranate seeds
20 g shelled pistachios, roughly chopped, optional
1 tbsp flat-leaf parsley, roughly torn, optional
Allergens The optional pistachio garnish contains PISTACHIOS (NUTS). Check the spice blend and sultana labels. Some sultanas contain SULPHITES.

Method

1. Set up and season. Bring a lidded BBQ to 180-190°C with an indirect zone and a drip tray under it. Pat the thighs dry. Mix 60 g Persian blend with the oil and rub it over the thighs, leaving a thin, even coating on the skin. Mix the honey and lemon juice in a clean bowl.

2. Cook over indirect heat. Set the thighs skin-side up above the drip tray. Close the lid and cook for 35-42 minutes, until the skin has browned.

3. Fry and steam the rice. While the chicken cooks, rinse the rice and drain well. Soften the shallot in 1 tbsp oil in a medium saucepan over medium heat for 4-5 minutes. Add the rice and fry for 1 minute, stirring. Stir in 1 tsp Persian blend for the final 30 seconds. Add the sultanas, 360 ml water and the salt. Bring to a simmer, cover and cook on low for 12 minutes. Take off the heat and leave covered for 10 minutes.

4. Glaze and check. Brush the skin with a thin coat of glaze and close the lid for another 5-8 minutes over indirect heat. Check the thickest part of each thigh away from the bone with a clean probe. It should hold 75°C for at least 30 seconds. Keep cooking over indirect heat as needed.

5. Rest and serve. Rest the chicken for 5 minutes. Fluff the rice with a fork, fold in the pomegranate seeds and serve with the thighs. If using, scatter the chopped pistachios and parsley over the chicken and rice.

What to look for 75°C for at least 30 seconds, measured away from the bone

Cook’s note Use a clean brush for the honey and a clean plate for the cooked thighs. Add the pomegranate at the table if you want the seeds to keep their crunch.