

Sticky Chicken: The Sweet and Savory Dish Your Family Will Love

Minimal Effort, Maximum Taste



OVEN
350°F

TIME
10 min

METHOD
Slow cooker

PRINT
Recipe Card

INGREDIENTS

3 to 5 pounds bone-in chicken pieces (thighs, drumsticks, or a mix)

1 cup ketchup

1 cup honey

1 cup brown sugar

$\frac{1}{2}$ cup soy sauce

$\frac{1}{2}$ teaspoon garlic powder

Step-by-Step Instructions:

1. Preheat the Oven:

2. Make the Sticky Sauce:

3. Coat the Chicken in Sauce:

4. Bake Low and Slow:

5. Final Baste for Maximum Flavor:

6. Serve and Enjoy:

Pro Tips for the Best Sticky Chicken:

Use Dark Meat for Juicier Chicken - Bone-in thighs and drumsticks stay tender and flavorful, even with the long cooking time.

Let the Sauce Thicken - If you want a thicker glaze, simmer the sauce for an extra 5 minutes before pouring it over the chicken.

Try Marinating for Extra Flavor - Letting the chicken sit in the sauce for an hour (or overnight) before baking makes it even more flavorful.

Make It Spicy - Add $\frac{1}{2}$ teaspoon of crushed red pepper flakes or a splash of sriracha to give the sauce a little heat.

What to Serve with Sticky Chicken:

Steamed Rice - The extra sauce is perfect for drizzling over a bed of fluffy white or jasmine rice.

Roasted Vegetables - A side of roasted broccoli, carrots, or Brussels sprouts adds a nice balance to the meal.

Mashed Potatoes - The sweet and savory sauce pairs perfectly with creamy mashed potatoes.

Coleslaw - A fresh, tangy coleslaw cuts through the richness of the sauce.

Cornbread - A warm, buttery slice of cornbread soaks up every bit of that sticky glaze.

FAQs (From My Kitchen to Yours):

Why You'll Love This Sticky Chicken Recipe:

DIRECTIONS

- 1. Preheat the Oven:** I start by preheating my oven to 350°F. This ensures the chicken will cook evenly and allows the sauce to slowly caramelize.
- 2. Make the Sticky Sauce:** In a medium saucepan over medium-high heat, I combine the ketchup, honey, brown sugar, soy sauce, and garlic powder. I stir continuously until the mixture comes to a gentle boil. As soon as it starts bubbling, I remove it from the heat. This step helps all the flavors blend together and thickens the sauce slightly before baking.
- 3. Coat the Chicken in Sauce:** Next, I arrange the chicken pieces in a 9x13-inch baking dish. I pour the warm, sticky sauce over the chicken, making sure each piece gets a good coating. Then, using tongs, I flip each piece a few times to ensure they're well covered in the sauce.
- 4. Bake Low and Slow:** I place the dish in the oven, uncovered, and let the magic happen. After 45 minutes, I turn each piece over to help them cook evenly and absorb more of that delicious sauce. The slow baking process allows the flavors to develop while keeping the chicken moist.
- 5. Final Baste for Maximum Flavor:** With 15 minutes left on the timer, I flip the chicken one last time and generously baste it with the sauce. This extra step gives it that signature glossy, sticky coating that makes every bite irresistible.
- 6. Serve and Enjoy:** Once the chicken is done, I let it rest for a few minutes before serving. The sauce thickens even more as it cools slightly, making it even stickier and more flavorful.

7. Pro Tips for the Best Sticky Chicken: Use Dark Meat for Juicier Chicken - Bone-in thighs and drumsticks stay tender and flavorful, even with the long cooking time.
8. Let the : Sauce Thicken - If you want a thicker glaze, simmer the sauce for an extra 5 minutes before pouring it over the chicken.
9. Try : Marinating for Extra Flavor - Letting the chicken sit in the sauce for an hour (or overnight) before baking makes it even more flavorful.
10. Make : It Spicy - Add ½ teaspoon of crushed red pepper flakes or a splash of sriracha to give the sauce a little heat.
11. What to Serve with Sticky Chicken: This chicken is packed with bold flavors, so I love serving it with simple sides that complement the dish without overpowering it. Here are a few of my favorites:
12. Steamed : Rice - The extra sauce is perfect for drizzling over a bed of fluffy white or jasmine rice.
13. Roasted : Vegetables - A side of roasted broccoli, carrots, or Brussels sprouts adds a nice balance to the meal.
14. Mashed : Potatoes - The sweet and savory sauce pairs perfectly with creamy mashed potatoes.
15. Coleslaw - A fresh, tangy coleslaw cuts through the richness of the sauce.
16. Cornbread - A warm, buttery slice of cornbread soaks up every bit of that sticky glaze.
17. FAQs (From My Kitchen to Yours): Q: Can I use boneless chicken?A: Yes! Boneless thighs work well, but reduce the cooking time to about 50-60 minutes to prevent them from drying out.
18. Q: Can I make this in a slow cooker?A: Absolutely! Place the chicken and sauce in a slow cooker and cook on LOW for 5-6 hours or HIGH for 3-4 hours. For a stickier finish, transfer the chicken to a baking sheet and broil it for a few minutes after cooking.
19. Q: How do I store leftovers?A: Store any leftover chicken in an airtight container in the fridge for up to 3 days. Reheat in the oven at 350°F for about 15 minutes, or microwave in short bursts.
20. Q: Can I freeze sticky chicken?A: Yes! Allow the chicken to cool completely, then store it in a freezer-safe container for up to 2 months. Thaw in the fridge overnight before reheating.
21. Why You'll Love This Sticky Chicken Recipe: This sticky chicken is one of those recipes that never disappoints. The sauce caramelizes beautifully, the chicken stays juicy, and the flavors are absolutely addictive. Whether you're making it for a family dinner, meal prepping for the week, or serving it at a gathering, this dish will always be a crowd-pleaser.
22. Give this recipe a try and let me know how it turns out! If you have any twists on the sauce or fun serving ideas, I'd love to hear them. After all, the best recipes are the ones we make our own.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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