

## Grilled Teriyaki Chicken Thighs: Juicy & Flavorful Recipe

Prepare to elevate your grilling game with these incredibly flavorful and juicy



**TIME**  
**5 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

- 3 pounds boneless, skinless chicken thighs
- 1 cup soy sauce (low sodium preferred)
- 1 cup water
- 1 cup sugar (granulated)
- 5 cloves garlic, mashed (or minced)
- 2-3 slices ginger root, thin and lengthwise (about 1-inch pieces)

#### Swaps and Notes:

**Chicken Thighs:** Boneless, skinless chicken thighs are ideal for their tenderness and ability to absorb flavor. Chicken breasts can be used, but may cook faster and dry out more easily. For more chicken ideas, see [A Light, Tangy Chicken Salad I Actually Crave](#) (and There's No Mayo in Sight).

**Soy Sauce:** Low-sodium soy sauce gives you more control over the saltiness. Tamari can be used for a gluten-free option.

**Sugar:** Granulated sugar is standard for teriyaki. Brown sugar can be used for a deeper molasses flavor.

**Garlic & Ginger:** Fresh garlic and ginger are crucial for authentic flavor. Mashing the garlic and thinly slicing the ginger allows their flavors to infuse the marinade effectively.

**Marinade Time:** The 24-hour minimum marination is key for maximum flavor. Don't skip this if you can help it!

**Teriyaki Sauce (for steaming):** The recipe calls for

"a little fresh teriyaki sauce" for steaming. This implies either reserving some of the initial marinade (before raw chicken is added) or using a good quality store-bought teriyaki sauce for this step. Do NOT use the marinade that raw chicken has been in for steaming unless you boil it first for at least 5 minutes to ensure food safety.

## DIRECTIONS

1. Achieving perfectly juicy and flavorful grilled teriyaki chicken thighs is simple with this marinating and grilling method.
2. Prepare : Marinade: In a large bowl (non-reactive, like glass or plastic), combine the 1 cup soy sauce, 1 cup water, and 1 cup sugar. Stir until the sugar is completely dissolved. Add the 5 mashed garlic cloves and 2-3 thin, lengthwise slices of ginger root to the marinade.
3. Marinate : Chicken: Place the boneless, skinless chicken thighs into the marinade, ensuring they are fully submerged. If they're not fully covered, add a little more water and soy sauce in a 1:1 ratio. Cover the bowl and marinate in the refrigerator for at least 24 hours, and up to 3 days for the best, most intense flavor. This long marination time makes a significant difference in tenderness and taste.
4. Preheat : Grill: When you're ready to cook, preheat your grill (charcoal or gas) to high heat. Ensure the grill grates are clean and lightly oiled to prevent sticking.
5. Grill : Chicken: Remove the chicken thighs from the marinade, letting any excess drip off (discard the used marinade). Place the chicken thighs on the hot grill. Grill for approximately 5-7 minutes per side, or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C). The chicken should have nice char marks.
6. Steam : Finish (Crucial for Juiciness): After grilling, place the cooked chicken thighs in a pot (that can sit on the grill or stovetop). Add a little fresh teriyaki sauce (either reserved marinade before

raw chicken was added, or a new batch/store-bought sauce) to the pot. Cover the pot and allow the chicken to steam in the sauce for a few minutes. This step helps to re-moisten the chicken and infuse it with more flavor, ensuring it remains tender and juicy.

7. **Serve :** Hot: Remove the chicken from the pot. Serve hot, optionally drizzled with a little extra fresh teriyaki sauce from the pot. Enjoy!

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

Original recipe: <https://chefmaniac.com/grilled-teriyaki-chicken-thighs-juicy-flavorful-recipe/>

**Soy Sauce:** Low-sodium soy sauce gives you more control over the saltiness.

Tamari can be used for a gluten-free option.