

The Ultimate Sticky Honey Garlic Chicken for Your Next Backyard Cookout

This recipe is a frequent flyer in my household for three main reasons:



TIME
30 min

METHOD
Air fryer

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INGREDIENTS

Chicken: 2 lbs of chicken drumsticks or thighs (bone-in, skin-on provides the best flavor).

Honey: 1/4 cup of high-quality liquid honey.

Soy Sauce: 1/4 cup (use low-sodium if you are watching your salt intake).

Aromatics: 4 cloves of minced garlic and 2 tbsp fresh chopped parsley.

Olive Oil: 2 tbsp to help the marinade coat the meat and prevent sticking.

Spices: 1 tsp salt, 1/2 tsp black pepper, and 1 tsp smoked paprika.

Heat (Optional): 1/2 tsp red pepper flakes for a subtle kick.

DIRECTIONS

- 1.** Prepare the Marinade: In a medium-sized glass bowl, whisk together the honey, soy sauce, olive oil, minced garlic, salt, pepper, smoked paprika, and red pepper flakes. The smoked paprika is the "secret ingredient" here-it adds a layer of depth that mimics a slow-smoked flavor even on a quick gas grill.
- 2.** Marinate the Chicken: Place your chicken pieces in a large Ziploc bag or a shallow dish. Pour the marinade over the chicken, ensuring every piece is well-coated.
- 3.** Pro : Tip: Refrigerate for at least 30 minutes. If you have the time, let it sit for 4-6 hours. This allows the garlic and soy to penetrate the meat fibers.
- 4.** Preheat the Grill: Clean your grill grates and preheat to medium-high heat (375°F to 400°F). Lightly oil the grates to ensure the honey in the marinade doesn't cause the skin to tear.
- 5.** Grill to Perfection: Place the chicken on the grill. Cook for 5-7 minutes per side. While cooking, use a brush to baste the chicken with any leftover marinade during the first 10 minutes of cooking (stop basting toward the end to ensure the glaze sets). The chicken is done when the internal temperature reaches 165°F (75°C).
- 6.** Garnish and Serve: Remove from the heat and let the meat rest for 5 minutes. This allows the juices to redistribute. Sprinkle with fresh parsley and serve warm.

SWAPS & NOTES

The Meat: You can use boneless, skinless chicken breasts, but keep a close eye on the grill as they cook faster and can dry out.

If you prefer a different protein, this marinade works wonders on pork chops!

The Sweetener: If you're out of honey, maple syrup is a fantastic 1:1 substitute that adds a woody depth.

The Salt: If you are gluten-free, substitute the soy sauce for tamari or coconut aminos.

TIPS FOR SUCCESS

Don't Walk Away: Because honey has a high sugar content, it can go from "caramelized" to "burnt" very quickly.

The Basting Rule: Never baste with raw marinade in the last 2-3 minutes of cooking to avoid cross-contamination.

Crispy Skin: If using drumsticks, turn them frequently to ensure the skin gets crispy all the way around without scorching.

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

Original recipe: <https://chefmaniac.com/the-ultimate-sticky-honey-garlic-chicken-for-your-next-backyard-cookout/>