



COOKING INSTRUCTIONS FOR MARINATED CHICKEN & WINGS

Using a Gas BBQ



Marinated Chicken Legs and Thighs

- Preheat BBQ to 350F
- Spray BBQ grill with quality cooking oil
- Place chicken on grill and sear for 5 minutes
- Using tongs, sear other side and reduce heat to 300F
- Close lid and cook for 10-15 minutes
- Flip chicken and cook for another 10-15 minutes
- Reduce temperature to 275F and turn chicken again, cook for another 20-30 minutes
- Check internal temperature of the chicken ensuring it is at least 165F
- Apply melted butter or oil to taste
- Remove and let rest for 5-10 minutes



Chicken Wings

- Preheat BBQ to 350F
- Spray grill with quality cooking spray
- Place chicken on grill and sear it for 5 minutes
- Make sure wings come off the grill easily and sear wings on the other side, then reduce the temperature to 300F
- Close the lid and cook for 10 minutes
- Flip wings and cook 10 minutes more, then reduce temperature to 275F
- Flip the wings and cook for another 20 minutes
- Apply melted butter or oil to taste
- Remove from BBQ and let rest for 5 - 10 minutes



Enjoy the savory flavor of the best chicken you've ever had!

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COOKING INSTRUCTIONS FOR MARINATED CHICKEN & WINGS

Using Conventional Oven



Marinated Chicken Legs & Thighs

- Preheat oven to 350F
- Place chicken pieces on a baking sheet with parchment paper and place sheet in the oven
- Bake for 1 hour, turning the chicken half way through
- Take the internal temperature of the chicken pieces—they must be a minimum of 165F
- Optional step for crispiness—turn the oven to broil on high and broil for no more than 5 minutes
- Allow the chicken pieces to rest for another 10 minutes



Chicken Wings

- Preheat the oven to 350F
- Place wings on a baking sheet with parchment paper and place sheet in the oven
- Bake for 30 minutes, flipping them half way through
- Optional step for crispiness—turn the oven to broil on high for a maximum of 5 minutes
- Remove from oven and let it rest for 5 minutes



Wings are also amazing in air fryers!

Check instructions for yours for the best results.

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