

Bourbon BBQ Chicken

This recipe will fill 3½ medium trays*

[John in Bibs': Bourbon BBQ Chicken Freeze Dried Ep177](#)

Ingredients:

2 shots Jim Beam
Bourbon

2 med. Onions
chopped

2 C BBQ Sauce

5 lbs boneless
skinless Chicken
Breasts



Directions:

1. Place the onions in the bottom of your crockpot, add the bourbon over the onions, place chicken breasts over the onions (to decrease the amount of fat, you may want to trim your chicken breasts before cooking) add the BBQ Sauce, turn the crockpot to low and cook for 8 hours.
2. Remove chicken and shred, add back to the crockpot and mix well. (You can add another cup of BBQ sauce, and another shot of bourbon if desired)
3. Spread chicken across a lined tray, cover with a lid, and freeze until solid.
4. Remove lids, and freeze dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies

Rehydration: Seving was about ¼ of a tray. Add 1¼ Cup of Boiling water, stir, cover and let stand for 2 minutes. Stir, and if needed add more water.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray