Alabama White Sauce, with Grilled Chicken

Alabama White Sauce first created by Big Bob Gibson in 1925
Blue Kitchen blog (bluekitchen.wordpress.com)
Internet Address:



A mayo-based sauce to slather on chicken.

1 cup mayonnaise

1/3 cup apple cider vinegar

2 teaspoons granulated sugar

1 tablespoon fresh lemon juice

1 tablespoon freshly ground black pepper

2 teaspoons prepared horseradish

1/2 teaspoon kosher salt

3/4 teaspoon cayenne pepper, or up to 3/4 tsp if you want it HOT

Serving Ideas: If you have leftovers of this sauce, put it on steamed vegetables. Would also make a good dip for artichokes.

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 6

Servings is an estimate - don't know how many pieces of chicken 1 1/2 cups will provide for slathering and serving.

1. Make the sauce. Combine all of the ingredients in a medium mixing bowl and whisk well to combine. Cover bowl and store in the refrigerator for at least 2 hours. It will keep in the fridge for a couple of weeks.
2. Salt and pepper the chicken pieces of your choice (legs and thighs). Grill the chicken - on direct heat first, then off direct heat until it reaches 165°F. Began slathering the chicken liberally with the White Sauce, again turning it a couple/few times and saucing it each time. After 5 or so minutes,transfer the chicken to a serving platter, let it rest for about 5-10 minutes, then serve it with another dollop of sauce on top of each piece.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 275 Calories; 31g Fat (94.7% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 371mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.