

Cornell Chicken Barbecue Sauce

Grilled or Barbecued Chicken - Chicken Recipe - Poultry Recipe

[Home](#) | [Recipe Indexes](#) | [Dinner Party Menus](#) | [Food History](#) | [Diet - Health - Beauty](#)
[Baking Corner](#) | [Regional Foods](#) | [Cooking Articles](#) | [Hints & Tips](#) | [Culinary Dictionary](#) | [Newspaper Columns](#)

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This recipe is by Dr. Robert C. Baker (1921-2006), a former Cornell University poultry science and food science professor who helped develop chicken nuggets, turkey ham, and poultry hot dogs. Approximately 1946, Baker researched and developed innovative ways to use poultry. This Cornell Chicken Barbecue Sauce recipe has stood the taste test of time, having been showcased for more than five decades at his Baker's Chicken Coop at the New York State Fair in Syracuse, N.Y. Baker developed the recipe while working for Pennsylvania State University, but the barbecue sauce he devised was not appreciated until he joined the Cornell faculty with a mandate to promote New York state's poultry industry. This recipe is considered a central New York state regional food and is often referred to as "State Fair Chicken."

In 1999, President Bill Clinton, Hillary Rodham Clinton, and their daughter, Chelsea, toured the state fair. There they visited Baker's Chicken Coop eatery, specifically to savor a taste of the famous Cornell Barbecued Chicken. As the first family arrived at the barbecue stand, one of Baker's daughters presented the Clintons with a basket of New York state apples. "Those apples look good, but where's the chicken?" the president asked.

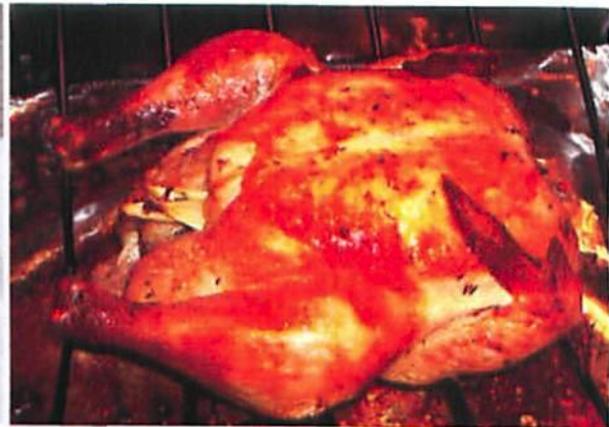


Photo by Jackie Baltrun

One taste of this Cornell Chicken recipe and you will definitely know why it is so popular. My husband loves it!

Cornell Chicken Barbecue Sauce Recipes

According to Robert Baker, *"Barbecue broilers without sauce are like bread without butter, The barbecue sauce is a basting material. Brush it on the broiler halves every few minutes during cooking."*

Recipe Type: [Poultry](#), [Barbecue & Grilling](#), [Chicken](#)
Yields: serves many
Sauce prep time: 10 min

Chicken cook time: 25 min

Yield: Enough for 5 pounds of chicken.

1 [egg](#)
 1/2 cup vegetable oil
 1 cup cider vinegar
 2 teaspoons coarse [salt](#)*
 2 teaspoons poultry seasoning
 1/4 teaspoon freshly-ground pepper
 Poultry pieces (half chicken, whole chicken, whole chicken legs, chicken thighs, and/or chicken breasts)

Makes about 1 1/2 cups.

Yield: Enough for 10 pounds of chicken.

1 [egg](#)
 1 cup vegetable oil
 2 cups cider vinegar
 1 tablespoon coarse [salt](#)*
 1 tablespoon poultry seasoning
 1/2 teaspoon freshly-ground pepper
 Poultry pieces (half chicken, whole chicken, whole chicken legs, chicken thighs, and/or chicken breasts)

Makes about 3 1/4 cups.

* Adjust the quantity of salt to meet individual health needs and taste. I use less salt than called for in the recipe. Barbecued chicken basted frequently during cooking will be saltier than chicken that has been lightly basted.

In a large bowl, whisk the egg. Add the oil and whisk until the mixture gets thick, homogenous, and a bright yellow, approximately 2 minutes. Whisk in the cider vinegar, salt, poultry seasoning, and pepper. **NOTE: If you prepare the barbecue sauce ahead of time, refrigerate until ready to use. As this sauce is high in acid which kills any bacterial that might be present in the eggs. If you are still worried, use pasteurized eggs.**

In a large resealable plastic bag, place the chicken pieces of your choice. Pour the prepared sauce over the chicken and let marinate in the refrigerator for at least 2 hours or up to 24 hours (the longer you marinate, the better).

When ready to grill, preheat barbecue grill (spray grill with vegetable-oil cooking spray).

For Barbecue with Charcoal: When coals are ready, spread them around the edge of the firebox (24" round) and keep a squirt bottle near the fire to put out flames. Turn the chicken often and don't let it burn. Breasts take about 25 minutes or until a [meat thermometer](#) registers an [internal temperature](#) of 165 degrees F (juices will run clear when cut with the tip of a knife). Do not close the lid on the barbecue.

For Gas Barbecue (since you cannot maintain a hot fire without closing lid): Place prepared chicken onto hot grill. Cover barbecue with lid, open any vents, and cook approximately 20 to 25 minutes or until a [meat thermometer](#) registers an [internal temperature](#) of 165 degrees F (juices will run clear when cut with the tip of a knife); turning several times during barbecuing.

This is the type of cooking and meat thermometer that I prefer and use in my cooking. I get many readers asking what cooking/meat thermometer that I prefer and use in my cooking and baking. I, personally, use the [Thermopen Thermometer](#) shown in the photo on the right. Originally designed for professional users, the [Super-Fast Thermopen Thermometer](#) is used by chefs all over the world. To learn more about this excellent thermometer and to also purchase one (if you desire), just click on the underlined: [Thermopen Thermometer](#).



Place the chicken over indirect heat on the grill (to the side of the grill). Baste the chicken every 5 or 10 minutes with the Barbecue Sauce. Discard any barbecue sauce that was used to baste the chicken. Remove from grill, transfer onto a serving plate and enjoy!

Cornell Chicken Barbecue Sauce - Original Recipe

Below chart from Barbecued Chicken and Other Meats by Robert C. Baker, Cornell Cooperative Extension Publication, Information Bulletin 862, Cornell University. This is the original recipe with a larger amount of salt.

Ingredients Needed for Barbecue Sauce								
Number of Persons								
Ingredients	5	10	25	50	100	200	300	Remarks
Cooking Oil	1/4 pint	1/2 pint	1 pint	1 quart	1 1/2 qts	3 qts	5 qts	Any cooking oil
Cider Vinegar	1/2 pint	1 pint	1 quart	2 qts	3 qts	6 qts	10 qts	
Salt	5 tsps	3 tbls	1/2 cup	1 cup	1 3/4 cups	3 1/2 cups	4 1/2 cups	
Pepper	1/4 tsp	1/2 tsp	1 1/4 tsps	2 1/4 tsps	4 tsps	7 tsps	4 tbls	
Poultry Seasoning	1 1/2 tsps	3 tsps	7 tsps	4 tbls	1/3 cup	3/4 cup	1 1/2 cups	
Eggs	1	1	3	5	10	20	30	Eggs well beaten