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How to BBQ Skinless Boneless Chicken Breast on a Gas Grill

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By DrDan / July 5, 2017 / Last Updated - July 5, 2018 / 76 Comments

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A great tasting, moist and tender grilled BBQ skinless boneless chicken breast. A simple short brine gets you the moist chicken breast you want. A light coat of BBQ sauce then grills carefully. Umm, chicken heaven.



Publisher Note: This is another recipe update. While this recipe was not “underappreciated,” it was in need of a rewrite, some better photo editing and some clarification of technique. Originally published August 1, 2011.

Everybody wants to grill skinless boneless chicken breast, but they all get hockey pucks. To address this issue, I started with a simple brine to help on the moisture problem you can have with SBCB. Add a little cayenne for taste to the brine.

Let set in the brine for about 30 minutes while the grill is heating. Rinse, pat dry and a light coat of sauce. Grill carefully for about 30 minutes and add another coat of sauce a few minutes before removing. Let set for 5 minutes and serve.

My Rating:

✓ **5 - Excellent, a top ten candidate**

4 - Really Good, may need a little modification for personal taste

3 - OK may do again

2 - Not very good - needs significant modification to be repeated

1 - Not good and won't be repeated

Note : I only cook what I like so you won't see much in the 1 and 2 ranges

Tasty, and easy to do. A classic recipe. I was a high four but having redone this a number of times; I'm at a low five along with my wife.



Jake is getting older.

Notes for grilling skinless boneless chicken breasts:

The recommended brine is relatively heavy in salt. According to Cooks Illustrated, this concentration of brine is recommended for chicken for 30 minutes to 2 hours. The chicken gets saltier if over 1 hour so I'm suggesting 1 hour max.

To me (a safety guy), I don't like raw chicken at room temperature for more than 20 minutes. Actually, 20 minutes will do a fairly good job of brining these.

While **we no longer recommend rinsing chicken**, you should always rinse carefully after brining. Also, don't add any more salt after a brine is used. You can grill an SBCB and keep it moist without the brine, but it requires attention and skill. Skip the brine at your own risk.

Grill temperature is also important in our keep it moist quest. For any chicken, I feel you can not "sock the heat to it." The outside will be burnt before the center is safe to eat. Also, the light coat of sauce can burn easily.

I like to add a very light coat of BBQ sauce at the beginning to create a base for the last coat. You do not have to do that, but I recommend it.

Use the BBQ sauce of your choice. I love **Gates BBQ of KC sauce** but used Bulls Eye Original, which Cooks Illustrated likes (me too). My **Memphis BBQ Sauce** would also be great.



Trim skinless boneless chicken breast of any trim-able fat.



Mix brine of 3 cups water, 3 tablespoons table salt, 3 tablespoons brown sugar and 1/2 to 1 teaspoon cayenne pepper (optional) . Add chicken and submerge and refrigerate for 30 minutes (no more than 1 hour). Clean and oil grill grates and preheat to a surface temperature of 450-500 which is about medium-high on most grills. I recommend a surface thermometer to be able to control your grill well.



Remove chicken from brine and rinse lightly under running water. Pat dry.



Brush lightly with BBQ sauce of your choice.



Place over direct heat.




Flip about every 5 minutes. About 3-4 minutes before done, brush both sides with sauce. Remove from the grill at an internal temperature of 165. About 30 minutes total grill time. But total time will vary by the exact grill temperature and thickness of the breasts. Thinner breast may be in the 25-minute range, and those huge thick ones may take 35 minutes.



Allow to rest for about 5 minutes before serving.

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BBQ Skinless Boneless Chicken Breast on a Gas Grill



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A great tasting, moist and tender grilled BBQ skinless boneless chicken breast. A simple short brine gets you the moist chicken breast you want. A light coat of BBQ sauce then grill carefully. Umm, chicken heaven.

Course Main Course
Cuisine American
Keyword Cookout, Easy, How To

Servings	Prep Time	Cook Time	Passive Time
2 SERVINGS	10 MINUTES	30 MINUTES	30 MINUTES

Ingredients

- 2 skinless boneless chicken breasts
- 2 tablespoon BBQ sauce of choice

Brine

- 3 cups water cold
- 3 tablespoons table salt
- 3 tablespoons brown sugar
- 1/2 to 1 teaspoon cayenne pepper optional

Servings: servings

Units: ▼

Instructions

1. Trim skinless boneless chicken breast of any trimmable fat.

2. Mix brine of 3 cups water, 3 tablespoons table salt, 3 tablespoons brown sugar and 1/2 to 1 teaspoon cayenne pepper (optional) . Add chicken and submerge and refrigerate for 30 minutes (no more than 1 hour). Clean and oil grill grates and preheat to a surface temperature of 450-500 which is about medium-high on most grills. I recommend a surface thermometer to be able to control your grill well.

3. Remove chicken from brine and rinse lightly under running water. Pat dry. Brush lightly with BBQ sauce of your choice.

4. Clean and oil grates. Place over direct heat

5. Flip about every 5 minutes. About 3-4 minutes before done, brush both sides with sauce. Remove from the grill at an internal temperature of 165. About 30 minutes total grill time.

6. Allow to rest for about 5 minutes before serving.

Recipe Notes

This brine is relatively heavy in salt so a maximum time of 1 hour please. Rinse to remove extra salt.

Total grilling time will vary by the exact grill temperature and thickness of the breasts. Thinner breast may be in the 25-minute range, and those huge thick ones may take 35 minutes.

If you have a breast that has a large variation in thickness, using a meat mallet to even things out a bit is a good idea.

All nutritional information are estimates and may vary from your actual results. This is home cooking, and there are many variables. To taste ingredients such as salt will be my estimate of the average used.

If you like this recipe or find it useful, the pleasure of a nice 4 or 5 rating would be greatly appreciated. Rating is done by clicking on the stars above.

Originally Published August 1, 2011

Last Updated July 5 2017

Nutrition Facts

BBQ Skinless Boneless Chicken Breast
on a Gas Grill

Amount Per Serving

Calories 243 **Calories from Fat** 18

% Daily Value*

Total Fat 2g **3%**

Cholesterol 140mg **47%**

Sodium 2269mg **95%**

Potassium 17mg **0%**

Total Carbohydrates 11g **4%**

Sugars 11g

Protein 48g **96%**

Vitamin A **5%**

* Percent Daily Values are based on a 2000
calorie diet.

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76 Comments

Comments

Jeffrey and Juli

August 1, 2011 at 11:20 am

Wow, does this look good!

REPLY

Aimee

August 1, 2011 at 11:02 pm

Yum! That chicken looks soo tasty!

REPLY

Dr Dan

August 3, 2011 at 8:38 pm

It tastes exactly like it looks.

REPLY

Inspired by eRecipeCards

August 5, 2011 at 5:42 pm

Love seeing the dog in your posts. i always photograph my cat sniffing around my food.

REPLY

Dr Dan

August 5, 2011 at 9:08 pm

A dog always makes your cooking look good.

REPLY

Chris

August 6, 2011 at 5:01 pm

Woof! That looks tasty, Dan.

Too funny, I was just commenting on your blog and you did on mine!

REPLY

Chris

August 6, 2011 at 5:02 pm

What are the knife pokes for? Facilitating the marinade/brine? I was just curious.

REPLY

Dr Dan

August 6, 2011 at 5:14 pm

Yep I was trying to facilitate the brine since I wanted to cook soon. I think it helped some since this was quite moist.

REPLY

Wade Morton

July 17, 2012 at 3:31 pm

so is the brine the mixture of water and brown sugar and salt and cayenne? or is the brine something that you add to the water mixture?

REPLY

Dr Dan

July 17, 2012 at 3:42 pm

The brine is what the mixture of water, brown sugar, salt and cayenne is called. I only did it briefly here but longer like 1-2 hours in the fridge would be great if you have the time.

REPLY

Aubrey Means

July 31, 2013 at 7:47 pm

I made this today and cooked my chicken on high heat, flipped every 5 min. and it burned to a crisp, inside was fine but the outside was completely black. I'm no expert obviously, I was just trying to follow the directions, but why did mine turn completely black and yours looks so tasty? I had to cut all the outside off in order to eat it, which meant all my BBQ flavor was gone. Thankfully I brined it so it wasn't tough inside. But what would you suggest I do differently in order to cook it long enough but not burn it to death?

REPLY

Dan Mikesell

July 31, 2013 at 8:37 pm

A couple of possible answers. First the grill. High on my old grill (the one in the picture) was 500 surface temperature. My current grill high is about 650. That is burn city.

Second, the BBQ sauce. The more sugar, the faster the burn.

So suggested solutions: 1) if you have a "hot" grill. Turn it down a little. Second, leave the sauce off until the last 5 minutes.

Give those two things a try.

Dan

Mary Hopkins

September 25, 2013 at 7:31 pm

Delicious! Will never cook BSCB any other way ever again!! Thanks!
MKH

REPLY

Dan Mikesell

September 25, 2013 at 7:37 pm

Thanks, glad it worked well for you. DrDan

REPLY

Mary

June 1, 2014 at 7:35 am

This might be a silly question, if you were making 6 chicken breasts do you triple the brine recipe?

REPLY

DrDan

June 1, 2014 at 7:47 am

You just need enough brine to cover the chicken. Double should do but triple is fine.

DrDan

sue

June 29, 2014 at 1:06 pm

I had never heard of brine with chicken before. This was so moist it was unbelievable. I used the quick method....and used a thermometer to check the chicken on the grill since I use charcoal. I agree this is the only way to cook boneless breasts.

Thanks so much for this recipe and blog.

REPLY

DrDan

June 29, 2014 at 8:17 pm

Thanks for the note. Yep brining a chicken breast can get some great moisture. But using the thermometer is what most people don't don't do.

They are doomed to overcooked dried out chicken...

Thanks so much for the note and enjoy the blog.

DrDan

Angela

July 19, 2014 at 11:14 pm

So good!! Thank you!

REPLY

DrDan

July 21, 2014 at 9:36 am

Thanks for the note and the rating

DrDan

Sandy

April 17, 2015 at 6:59 pm

This looks great, but 30 min seems like an awfully long time to cook a boneless chicken breast. Am I wrong? We can normally do 5-7 on a side and it's done!

Any other info is appreciated

REPLY

DrDan

April 17, 2015 at 7:52 pm

Hi Sandy,

The time is an approximation for reference and is my actual time . The variables are chicken size and thickness, temperature of the chicken at start and the grill surface temperature. Most of the chicken breast we get are about 10-12 oz. For these breast, you can't "sock the heat to them" or you will have burnt outside long before the 165 internal temperature you need for safety. Smaller would cook faster. I try to rest them some at room temp before cooking to help some too.

The grill surface temp should be in the 450 degree range. That was high on my old grill but medium to medium high on my current grill.

If you're cooking to the correct internal temp you are most definitely NOT WRONG. The skinless boneless chicken breasts can become "hockey pucks" so easy if over cooked.

Thanks for the comment.

DrDan

Noelle G.

May 1, 2015 at 6:25 pm

Thanks for a great idea with the brining of the breasts...but now I am so curious... what's happening in the cast iron pan next to the chicken in your grill pics, it looks like homemade skillet fries and I would love the details on that as well :)

REPLY

DrDan

May 1, 2015 at 9:28 pm

Hi Noelle, Thanks for the comment. The potatoes are grilled French Fries. The Recipe is at <https://www.101cookingfortwo.com/grilled-french-fries/>

John

May 24, 2015 at 4:20 pm

Awesome tip about the brine, and the grilling! I have now done this 4 times. Will never sklp the brine again. Thank you!

REPLY

Bryant

May 27, 2015 at 7:30 pm

Just made this recipe to the letter. Now for the payoff. Review to follow...

REPLY

Bryant

May 27, 2015 at 7:55 pm

Ok. Overall I was pleased. My grill temp was 550F at start. I wouldn't recommend getting grill as hot as you can, as I did. I have a three burner propane grill. Grill temp lowered to 450F after chicken was on. Also worthy to note I doubled this recipe, so two breasts would have cooked faster. Brine kept chicken from drying out. If I cooked again this same way, grill burning wide open, I would cook for about 16 minutes. 5 minutes on each side then 3 and 3. OR, grill temp of 475F start temp instead of 550F+. Hope you find this helpful.

Bryant

May 27, 2015 at 9:08 pm

Thanks for the recipe Dan!

DrDan

May 29, 2015 at 8:33 pm

Thanks for the notes Bryant. Yep I agree the the 550 was a bit high but do-able if you watch carefully. I like the 450-500 range better.

Thanks for the rating too

Dan

Wendy

June 16, 2015 at 8:45 pm

My chicken came out fabulous!! Thanks

REPLY

Jennifer

July 28, 2015 at 12:25 pm

This sounds very good, however I don't have sugar! Will the brine still be ok without it?

REPLY

DrDan

July 28, 2015 at 12:31 pm

Skip the sugar... I only use it some times.

DrDan

Ana

August 5, 2015 at 6:24 am

Can I use the oven instead?

REPLY

DrDan

August 5, 2015 at 1:17 pm

Oven needs a little different technique. Check out <https://www.101cookingfortwo.com/30-minute-skinless-boneless-chicken/> . Try this but cut back the spices some and coat top with sauce the last 5 minutes or so. I use cast iron but any oven safe pan that can tolerate as stove top should be fine.

DrDan

Bob

August 10, 2015 at 12:48 pm

Pretty new to grilling, Dan. Do I leave the lid closed or open? Also, we have a 3-burner, brand new Brinkman propane grill, but it has no temp. gauge on it. Is there a way to tell without a gauge? Also, you talked about leaving brine for 1-2 hrs in fridge. do you mean chicken in brine, as long as it's in the fridge? Thanks a lot... going to try your recipe today.

REPLY

DrDan

August 10, 2015 at 1:06 pm

So lets go in order. Lid closed. Temperature gauges on the hood of grills are useless anyways. Next time you order from Amazon or shopping at Lowe's or similar store pick up a grill surface thermometer (about \$10). For now go with medium-high. Most three burner can get to 550 or so on high but medium is usually about 400ish. Here you would want to be 450-500 range. You MUST have a meat thermometer to be successful at all with grilling so you need that before you start. Overcooked will be hockey pucks and undercooked dangerous. A cheap \$10-\$15 one will do. And yes the chicken is in the brine in the refrigerator.

DrDan

Bob

August 10, 2015 at 2:18 pm

Thanks a lot for the quick response, DrDan. We do have a meat thermometer and will be shopping for that grill surface thermometer. As for today, I'm going for it! Will let you know how it went.

REPLY

Ken Balsillie

November 30, 2015 at 2:31 pm

Question: Some meat is cooked to a "doneness" by touching a utensil to the surface of the meat-might this be true for SBCB as well? I realize this method might be in conjunction with the time. Thanks

REPLY

DrDan

November 30, 2015 at 2:53 pm

I'm not a fan of the touch method. Almost impossible to be correct outside of very controlled conditions and lots of repetition. Like a profession cooking a steak of a set size and thickness over the same heat repeatedly. Also time is never good. I only give an approximate time for planning reasons. Always cook to a final temperature on meats especially chicken or ground meat. See <https://www.101cookingfortwo.com/kitchen-cheat-sheets/#temperatures>

DrDan

N. Law

February 17, 2016 at 9:07 am

Well worth you trying this one ! More often than not, trying to make B-B-QUE chicken without skin or bones turns out terrible. Very dry and the chicken on the outside is hard. However, this recipe will prevent that. It is simple to make and tastes great. Chicken remains moist and outside is NOT hard. I made it in the oven and I will definately try it on the grill.

REPLY

DrDan

February 17, 2016 at 6:56 pm

Thank for the note and rating. I do believe the brine is so important for this to escape the “hockey puck” syndrome common with the skinless boneless breast.

Thanks for the note and rating.

DrDan

Sylvia

June 22, 2016 at 12:34 pm

Can you make brine without salt v

REPLY

DrDan

June 22, 2016 at 5:57 pm

No, the salt is required for a brine. It is what does the work of pulling the moisture into the meat.

Christopher Smith

June 27, 2016 at 9:16 pm

Tried this yesterday amazing. The best chicken I have ever grilled. Thanks

REPLY

jen

July 14, 2016 at 11:14 pm

never heard of your site but google made it my top pic when I searched 'best barbecue chicken breast.' very yummy, I ended up brushing the chicken every few

min with the sauce and it came out really thick and caramelized. thanks for the recipe!jen

REPLY

Dan Mikesell

July 15, 2016 at 1:07 pm

Hi Jen,

Thanks for the note. I actually do similar to what you describe most of the the time, but you can get to a burnt point fairly easily and I hate to send people close to that point. So I went with a light base then adding at the end which still gives a nice coat with some nice caramelization. I do believe the brine is so important here to prevent the old “hockey puck” syndrome.

Dan

Ian

July 20, 2016 at 3:00 pm

Hi,

Hopefully you see this comment before I start cooking.

If I have the time to let the brine sit in the fridge for a couple of hours, would I still need to poke holes in the breasts? I do a similar brine when I make pork chops and have never poked any holes in them, regardless of how much time I let them brine, which is usually a couple of hours.

Thanks,

REPLY

DrDan

July 20, 2016 at 4:04 pm

As you assumed, the holes are to speed things up some. If you have 2 hours or even one then now holes will be fine. But it is OK for them holes even at 2 hours.

Dan

Ian

July 20, 2016 at 11:04 pm

I erred on the side of caution and went with holes, even though I knew I was going to be brining the breasts for about 2hrs. They were great. I'm now thinking I'll do the same thing for pork chops the next time I make them to see if there is a difference.

If you are interested, my pork chop brine is 3 cups of water (2 cups brought to a boil + 1 cup cold water), when the water is boiling I add 3 tbsp of kosher salt, couple of crushed garlicks, 1 tsp of peppercorns and a bay leaf or two, I put all that into the boiling water and when the salt has dissolved, I add the cup of cold water.

Thanks,

Ian

ROSE

July 24, 2016 at 5:36 pm

Excellent! Everyone loved it!

REPLY

DrDan

July 24, 2016 at 7:28 pm

Thanks so much for the note.

Dan

Dani M.

September 5, 2016 at 8:09 pm

Hello! Question...is any additional seasoning is required?

REPLY

DrDan

September 5, 2016 at 8:12 pm

Not for me. The salt is in the brine and lots of spice in the sauce.

Dan

Kristopher S

October 21, 2016 at 10:27 pm

Incredible! The best BBQ chicken I've had!

REPLY

DrDan

October 24, 2016 at 9:31 pm

THANKS

Dan

Lauri Freers

December 15, 2016 at 1:15 pm

I'm planning to try this today, Do you have any recommendations for a Foreman grill regarding the 2nd coat of Barbecue? I'm going to be using small sized pieces cut thin so It will cook quickly--there may be no time for the 2nd coating of sauce(?).

REPLY

DrDan

December 15, 2016 at 3:40 pm

I haven't used a Foreman for many years. I have no idea of time etc. I'm worried that the direct contact with the grill surface that the Foreman requires would burn the sauce quickly. So I'm not even sure of the first light coat.

Dan

Rick

April 9, 2017 at 8:13 pm

Hi Dan –

I was excited to try this recipe yet cautious as my wife is a retired chef. I did everything according to the recipe but the chicken came out rubbery. Temp was 165° when I took it off the grill. I flipped the meat every 4-5 minutes, total cooking time was 30 minutes. The chicken ended up in the trash. I really hoped I could finally grill chicken the right way but failed.

REPLY

DrDan

April 11, 2017 at 8:36 am

Hi Rick,

Sorry it didn't work well for you. You might want to try a brine for a few hours next time. A simple brine of 1/4 cup of kosher salt dissolved in 1 quart (4 cups) of warm water. I like to add a 1/4 cup of brown sugar also. Add the trimmed chicken and brine in the refrigerator for a few hours. Rinse well, add some pepper and grill.

Dan

Jason rimler

May 26, 2017 at 7:48 pm

came out great, forgot to poke holes but seemed fine, I put BBQ sauce in the brine instead of sugar. Family loved

REPLY

Cheryl

June 4, 2017 at 6:47 pm

better get that dogs eye checked out, doesnt look good

REPLY

DrDan

June 4, 2017 at 7:52 pm

In this picture, he is blind and the eye you are looking at is artificial. He died a few months later of cancer.

Dan

inductioncookwaregirl

July 12, 2017 at 6:32 pm

Sorry to hear about the passing of your dog — I was looking recipes but you had my attention with the pictures of your dogs before I even got to the recipes!

I hadn't thought of brining chicken breast but it sounds like an easy solution to dry chicken breast. Not popular in this family! When baking chicken breast with a simple sauce, I also find that it can be dry. Any reason you can think of that brined chicken couldn't be baked in the oven? Thanks!

REPLY

DrDan

July 12, 2017 at 6:38 pm

Thanks for the thoughts about Jake. Gone but not forgotten.

You can always brine chicken breast but be sure to rinse and not to add any more salt.

Dan

Sheila

September 19, 2017 at 11:03 pm

Thank you for sharing this recipe. It was simple and delicious. We had a great family dinner yesterday. Everyone was enjoying this grilled chicken and it was indeed chicken heaven.

REPLY

DrDan

September 20, 2017 at 9:32 pm

Hi Sheila,

Thanks for the note. Glad it worked well for you.

Dan

Tia

April 18, 2018 at 9:28 am

I made these last night and they were amazing! I loath dry chicken breasts, so I rarely grill them. These were so juicy and delicious! I'm never going back to non-brined chicken breasts. Thanks for an awesome recipe!

REPLY

DrDan

May 8, 2018 at 12:37 pm

Hi Tia,

Sorry for the delayed response.

Yes, the brine can make a huge difference. You can get good without it if your careful but not great. Better with.

Thanks so much for the note.

Dan

T e d

April 22, 2018 at 5:34 pm

I bookmarked this brine recipe and have used it several times. I also use it with wings and tinker with ratios. Not sure that doubling everything is the wayto go. This one is a winner.

REPLY

DrDan

May 8, 2018 at 12:41 pm

Hi Ted,

First, sorry for the delayed response.

This ratio I call 1:1. 1 cup water to 1 tablespoon table salt. If you add a sugar of

some type then match the salt. You can double the salt but if you do never brine for over 2 hours and it may still taste too salty.

Thank for the note.

Dan

Sparks

June 7, 2018 at 10:14 pm

Don't like a wet brine with chicken.

REPLY

Jack

June 14, 2018 at 10:59 pm

Would it be o k to use lemon pepper power in the brine, with water, salt for boneless skinless chicken breast. Iam trying on grillgrates at 450 to 500 degrees. What do you think?

REPLY

DrDan

June 14, 2018 at 11:08 pm

Hi Jack,

That would be fine if you are ok with the lemon taste with the BBQ sauce. I can't say how much since I never use lemon pepper.

Dan

Jack

June 15, 2018 at 7:36 pm

I thought i would use lemon pepper, leave off bbq sauce

REPLY

Greg T

June 28, 2018 at 10:28 am

Thank you for this! Every time I cooked chicken on the grill it was burnt, dry, and gross. I gave up grilling chicken for the last 4 years and just stuck with oven methods that I could get a consistent enjoyable meal from. Yesterday I found this recipe and figured it was worth a shot. Holy diver! This was the best grilled chicken I've ever made! We opted for an hour brine, and it was a bit on the salty side. Will do a 30 min brine next time!

Such a detailed explanation without much fluff, great breakdowns, excellent followups in the comments. Really one of the best recipes from start to finish. I'm hooked and now digging through the website to find more things to try. Thank you!

REPLY

Adriana Enríquez

July 24, 2018 at 10:31 pm

Wow! I've never brined chicken before and I really think his made all the difference. I was so impressed with how juicy and delicious the chicken came out. My family loved it and finished it all. Can't wait to make it again.

REPLY

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