Barbecued Chicken

2 Tablespoons oil

1/4 cup tomato paste

2 teaspoons garlic powder

2 teaspoons onion powder

1 teaspoon paprika

1/2 teaspoon cayenne pepper

1/2 teaspoon pepper

1/2 cup apple cider

1/2 cup fresh orange juice

1/3 cup brown sugar

1/3 cup molasses

2 Tablespoons Worcestershire sauce

2 teaspoons mustard powder

kosher salt

4 chicken breasts with ribs

4-3-2-1 spice rub

4 Tablespoons kosher salt

3 Tablespoons brown sugar

2 Tablespoons paprika

1 Tablespoon cayenne pepper

​Heat oil in a medium saucepan. Add tomato paste and cook until paste is brick-red.

​Add garlic powder, onion powder, paprika, cayenne and pepper. Cook 1 minute.

​Add vinegar, orange juice, brown sugar, molasses, Worcestershire, mustard powder and 3 cups water.

​Cook, stirring occasionally until reduced by half. (about 1 hour) Season with salt.

​Combine spice rub ingredients and rub over chicken.

​Grill chicken, turning and basting with barbecue sauce every 15-20 minutes.