



Recipes

ROASTED HERB BRINED CHICKEN

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| 4 quarts (4 L) water | 1 1/2 tsp (7 mL) coarsely ground pepper |
| 1 cup (250 mL) kosher salt | 1 tsp (5 mL) thyme, crumbled |
| 1/4 cup (50 mL) sugar | 6 cloves garlic, finely chopped |
| 1 cup (250 mL) chopped onion | 2 bay leaves |
| 2 tbs (25 mL) rosemary, crumbled | 1 broiler chicken (3 lb/1.5 kg) |

To prepare brine, combine all ingredients except chicken in a Dutch oven. Bring to a boil over high heat, stirring to dissolve salt and sugar. Remove from heat; cool completely. Pour brine into a large food-safe nonreactive container. Submerge chicken in brine. As chicken will float, weigh it down using a plate with a jar of water on it. Keep chicken submerged completely. Cover container and refrigerate for 4 hours. Remove chicken from brine; discard brine. Rinse chicken under cold running water; pat chicken dry with paper towels. Place chicken, breast side up, on a rack in a shallow roasting pan. Roast at 500°F (260°C) for 20 minutes. Reduce temperature to 450°F (230°C) and continue roasting for 30 minutes or until a meat thermometer inserted into chicken registers 180°F (82°C). Transfer chicken to a platter and cover with foil. Let stand for 10 minutes before carving. Serves 4.

Cook's Note: Use only kosher salt for the brine in this recipe. Do not substitute using table salt as the brine will be too salty.