

Brining and Roasting Chicken

RECIPE

Ingredients

- 3/4 cup Morton® Coarse Kosher Salt
- 3/4 cup sugar
- 2 1/2 to 3 pounds meaty chicken pieces (breast halves, thighs, and drumsticks)
- 2 tablespoons unsalted butter or margarine, melted
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper

Directions

To Brine:

In a gallon-size sealable plastic bag, dissolve the Morton® Kosher Salt and sugar in 1 quart of cool water. Add chicken pieces, then seal the bag, pressing out as much air as possible. Refrigerate for about 1 hour. Remove chicken from the brine; rinse well under cool water. Pat dry with paper towel.

To Roast:

Combine butter, garlic powder and pepper. Brush the chicken pieces on all sides with the melted butter/spice mixture. Transfer chicken pieces (skin-side-up) to an oiled rack in a roasting pan. Roast uncovered at 425° F until juices run clear and chicken is cooked through, minimum internal temperature of 165° F (about 35 to 45 minutes). Let stand 3 minutes.

Tips:

Internal temperature guidelines courtesy of USDA Food Safety Facts.

For brining boneless, skinless chicken breasts - Use 4 chicken breast cutlets (about 1-1/2 lb. total) in a full recipe of the brine solution, but cut the brining time to 40 minutes.