

Brine for Chicken

Ingredients

4 lb whole chicken

8 cups water

1/2 cup kosher salt do not use table salt

1/4 cup honey

3 dried bay leaves

5 cloves of garlic smashed and peeled

1 tablespoon whole black peppercorns

3 sprigs fresh rosemary

3 sprigs fresh thyme

3 sprigs fresh parsley

2 lemons sliced

Instructions

Place the water, salt, honey, bay leaves, garlic, peppercorns, rosemary, thyme, parsley and lemons in a large pot.

Bring to a simmer over medium heat.

Cook for 3-4 minutes or until salt has dissolved.

Turn off the heat and cool completely.

Add the chicken to the cooled brine.

Make sure the chicken is completely submerged.

Cover the pot and refrigerate for 8-24 hours.

Remove the chicken from the brine and rinse with cool water; pat dry with paper towels.

Proceed with roasting, smoking or frying the chicken.