



Citrus Brined Chicken

INGREDIENTS

6-7 lb Chicken	1 gallon/4 quarts hot tap water
$\frac{3}{4}$ cup table salt, plus more for seasoning	$\frac{3}{4}$ cup sugar
1 lemon, sliced	1 orange, sliced
3 garlic cloves, cut in half crosswise	10 sprigs fresh thyme
2 bay leaves	1 teaspoon black peppercorns
Extra-virgin olive oil	

DIRECTIONS

Pour the hot water into a large container. Stir in the salt and sugar until dissolved. Cool the brine to room temperature. Add the lemon, orange, garlic, thyme, bay leaves and peppercorns. Place chicken in the brine, add ice, cover, and refrigerate at least 4 hours to overnight.

Drain and reserve a few lemon and orange slices, half garlic bulb and the thyme. Rinse the chicken and pat dry with paper towels. Preheat the oven to 350 degrees F. Season the inside of the chicken with salt and pepper. Stuff the cavity with the lemon and orange slices, garlic and thyme. Rub olive oil all over the chicken, and sprinkle with salt and pepper. Tuck the wing tips under the body of the chicken and place in a cast iron skillet. Roast the chicken for 90 minutes or until the juices run clear when you cut between a leg and thigh. Rotate halfway through baking. Remove from the oven and cover with aluminum foil and rest for 20 minutes before serving.