Orange and Maple Brined Chicken

Ingredients

- 1 Whole Chicken (3-4 lbs)
- 3qrts (96oz) Water
- ¾ cup Kosher Salt,
- 3oz. Maple Syrup, Grade A
- 1 Large Orange
- 1 tbsp Rosemary
- 1 tsp Garlic Powder
- 1 tsp Black Pepper
- 1 tbsp Olive Oil

Preparation

1. **Rinse and pat dry the whole chicken.** Set aside in the refrigerator.
2. **Rinse the orange,** and cut into slices.
3. **Add the water,** salt, maple syrup and orange slices to a large stock pot. Stir well to dissolve the salt.
4. **Bring the pot to a boil.** Reduce heat to a simmer and continuously stir for 10 minutes.
5. **Remove from heat** and allow it to cool to a room temperature.
6. **Add the brine liquid to a large plastic container.** Then add the whole chicken. The chicken should be fully submerged in the brine.
7. **Store in the refrigerator for 2 ½ -10 hours.** The longer the brining time the better the meat quality.
8. **After the brining time is done.** Remove the whole chicken, rinse and pat dry.
9. **Using either a knife or kitchen shears,** cut on each side of the neck and spine. Then discard it.
10. **Using your fingers,** separate the breast plate (keel bone) from the breast meat. Remove and discard the bone. *watch our youtube video for better instruction!*
11. **Preheat the grill to a medium heat.**
12. **Rub the chicken** with olive oil, rosemary, garlic and black pepper.
13. **Reduce grill heat to medium.** Grill the chicken for 20-25 minutes on each side. A total time of 40-50 minutes or until an internal temperature of 165°F.

Tips

- Instead of discarding the neck and spine and keel bone (breast bone). It could be used for making a chicken stock.
- Grilling time may vary depending on the weight of the whole chicken.
- Brining time may also vary depending on the weight of the whole chicken. Minimum recommended brine time is 45 minutes per pound. Longest brining time is 3 hours per pound. The maximum recommended brining time for chicken is 10 hours.

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