

Best Grilled Chicken

“In the World”

Ingredients:

- 1 Lb of Chicken, bone-in or boneless, any cut, including whole chickens
- Sea Salt
- Water
- Cajun Sprinkle
- Gallon storage bag or other container
- Meat thermometer of choice (preferably digital)

Instructions:

- 1.) Mix up enough brine solution to fully submerge chicken. Recipe for brine is to dissolve 1 Tbsp of salt for every 2 cups of water. No need to heat water to dissolve salt. Simply stir to combine until salt is dissolved.
- 2.) Trim all fat from chicken. DO NOT WASH CHICKEN. It can contaminate your entire kitchen.
- 3.) Place chicken in gallon storage bag or other container and pour brine solution over chicken. Seal container and place in refrigerator. If using a bag, place bag in additional container to catch any water in case the bag has a hole in it.
- 4.) Let chicken sit in refrigerator in brine for a minimum of 30 minutes to a maximum of 2-3 hours. This makes the chicken super juicy. Too long in the brine solution and the chicken can start to break down to mush. Not good.
- 5.) Remove chicken from brine solution and dry off on a paper towel.
- 6.) Lightly coat each side with Cajun Sprinkle.
- 7.) Cook using desired method at 350°F until thickest part of chicken reaches an internal temperature of 170°F.

Far Out Foodz Recommended Cooking Method

We recommend the smoky indirect heat of a Weber kettle charcoal grill.

Enjoy!



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