



RECIPE: BUTTERMILK BRINED CHICKEN

PAIR WITH: CALL TO ARMS

INGREDIENTS:

1 - 3 to 3.5lb whole chicken. Have your butcher remove giblets and wing tips or remove at home.
About ½ cup of kosher salt (enough to liberally season)
2 Cups Buttermilk

INSTRUCTIONS:

1. Season chicken quite liberally with your kosher salt.
2. Let the chicken sit at room temp for 30 mins.
3. Stir 2 tablespoons of salt into buttermilk.
4. After the 30 mins at room temp is up, transfer the chicken to a gallon-sized, zip-lock bag, pour the buttermilk and salt mixture over the chicken and toss to coat.
5. Set the bag in a baking dish in the refrigerator for a minimum of 12 hrs (maximum 48hrs)
6. After the chicken has completed the marinating process, pull it out of the fridge and allow it to sit at room temperature for one hour.
7. Position your oven rack to the center and preheat to 425°F.
8. After the chicken has been sitting out for 30 mins, pull it out of the bag, pat the excess buttermilk mixture off the chicken with a paper towel and let it continue to sit at room temp for the remaining 30 mins.
9. Place the chicken in a cast iron skillet and into the oven with the legs pointing to the back left side of the oven and allow it to roast for 20 mins.
10. Reduce oven temperature to 400°F and allow chicken to continue cooking for 10 more mins.
11. Then, rotate the chicken so the legs are pointing to the back right side of the oven. Continue to roast for an additional 30 minutes or until the thermometer reads 165°F.
12. Let the chicken rest for 30 mins before serving.