

Brine for Chicken

Ingredients

- 1 gallon warm water
- $\frac{3}{4}$ cup kosher salt
- $\frac{2}{3}$ cup sugar
- $\frac{3}{4}$ cup soy sauce
- $\frac{1}{4}$ cup olive oil

Directions

- **Step 1**
Pour the warm water into a container that is twice the volume of the water. Pour in the salt, sugar, soy sauce, and olive oil. Stir until the sugar and salt have dissolved, then allow the brine to cool to room temperature.
- **Step 2**
To use, place chicken in the brine, cover, and refrigerate two hours for skinless breasts, 4 hours for bone-in pieces, and 4 hours to overnight for whole chickens. Drain and pat the chicken dry before cooking. One gallon of brine is enough for 6 pounds of whole chicken or bone-in chicken pieces, and up to 10 pounds of skinless, boneless chicken breasts.

Nutrition Facts

Per Serving:

183 calories; protein 2g; carbohydrates 24.7g; fat 9g; cholesterol 0mg; sodium 13209.3mg.

Notes:

Start cooking your chicken once the smoker or grill reaches an internal temperature of 250 degrees Fahrenheit. (Recteq runs about 40 degrees hot). Keeping it between 250 degrees and 325 degrees Fahrenheit will ensure even cooking temperatures and give you a properly cooked chicken with nice, crispy skin.

Again, you want to rely on temperature to know when the chicken is done. Smoke the chicken until the internal temperature in the **breast is 160 degrees Fahrenheit and the thigh is 175 degrees Fahrenheit**. Once you take the chicken out of the smoker, let it rest shortly before cutting or shredding and the temperature in the breast should come up to 165 degrees Fahrenheit.