

Rotisserie Brined Chicken

Author: My own recipe, but guidance from several grilling cookbooks

Internet Address:



5 1/2 pounds whole chicken, giblets removed
a Ziploc press-seal type gallon-sized freezer bag
3 tablespoons kosher salt
1 tablespoon sugar
water for brining
3 tablespoons vegetable oil
2 tablespoons fresh rosemary, minced
2 sprigs fresh rosemary (for inside the cavity)

Per Serving (excluding unknown items): 818 Calories; 59g Fat (66.8% calories from fat); 63g Protein; 3g Carbohydrate; trace Dietary Fiber; 310mg Cholesterol; 3626mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 6 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: Simple, but you need to plan ahead 24 hours.

Notes: The nutritional facts assume you consume all the skin and bones, so the calories and fat are way off!

1. Remove chicken from its store-bought wrapping and drain. Remove giblets and discard or save for another use.
2. Into a press-seal type plastic bag (don't use the zipper type) add the salt and sugar. Add about 1/2 cup of very hot tap water and dissolve the salt and sugar. Add cold tap water until the bag is about half full. Add the chicken, then fill bag with additional water so it's nearly full - but not so full you can't press the seal closed. Move the chicken around so the salt brine is completely mixed. Make certain the bag is sealed tight, then place chicken in a large bowl and refrigerate for 24 hours, turning the chicken over once half way through the time.
3. Preheat the barbecue/rotisserie. Drain the chicken and allow the bird to sit out at room temp for about 30-45 minutes on a plate or rack. Insert rosemary sprigs in the chicken cavity.
4. Mince up the fresh rosemary. Pat the chicken dry with paper towels. Using your hands, slather the entire chicken with the oil, then gently sprinkle and press the minced rosemary all over the bird.
5. Skewer the birds with the rotisserie rod, balancing it as necessary so it turns evenly. If your barbecue has a rotisserie burner, turn it to high for the entire cooking time. If you just have the heaters in the bottom and the grill plates are removed, place the chicken over a turned-off burner and just light the side burners (we use a gas grill). In other words, on a regular barbecue, the main grill burners are too hot for the chicken - it needs to cook over indirect heat. Turn on rotisserie and grill the chicken until it reaches exactly 180°. Remove from grill and place on a large cutting board, tented lightly with foil for about 10-20 minutes. Remove rotisserie rod, strings/ties and prongs, then slice and serve hot. Serve with a mango or pineapple salsa, if desired.