



The Nutrition Club

## 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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