

Brined Chicken

Sunday Morning

1. Prepare a brined chicken

YOU'LL NEED

1. A whole chicken, 4 lbs. or so
2. A pot or large plastic bag
3. Kosher salt
4. Sugar or honey
5. Black pepper
6. Boiling water
7. 2 medium sized onions
8. 10 garlic cloves
9. 2 tbsp butter
10. And 20 minutes or so

For a 4 lb. chicken, it'll take about 2 ½ quarts of water to cover the bird.

For this amount of water, use 2/3 cup of Kosher salt.

Dissolve the salt in about 2 cups of hot water. Add ½ cup sugar or honey and 2 teaspoons black pepper.

Add this solution to the brining mix.

Place bird in pot. Put small plate on top to hold him down. Put in fridge.

Sunday, Before Supper

1. Remove bird from brine, wash off brine
2. Slice two medium sized onions and 10 garlic cloves, and stuff the carcass
3. Heat oven to bake at 400°
4. Melt two tbsp. butter to baste with
5. After basting, bake for 90 minutes, pausing halfway to turn the bird over and baste again
6. At end of baking, remove and let cool for Sunday evening

Sunday Evening

1. Pick the meat off the chicken's bones and pool in a large bowl. Shred the chicken with your hands and separate into two cup portions and place in plastic freezer bags, except for two portions.