



Pickle Brine Chicken

Jacob · 28/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

1 hr 25 mins

Description

Use pickle brine next time you feel like cooking chicken There arent a lot of great uses for leftover pickle juice I recently heard that some people like to drink this stuff after jogging which I found shocking since I had no idea people still jogged Like most brined recipes the payoff is in the texture and moisture content and not necessarily in the taste But this dish does have a nice little twang So the next time you have nothing left in the pickle jar but the juice you now know what to do

Ingredients

- - 1 ½ cups dill pickle juice
- or more to taste - 1 tablespoon brown sugar - 2 teaspoons kosher salt - 1 teaspoon freshly ground black pepper - 1 pinch cayenne pepper - 2 large skinless
- boneless chicken breast halves - 1 tablespoon olive oil
- or as needed - salt and ground black pepper to taste - 1 pinch cayenne pepper
- or to taste - aluminum foil

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Whisk together pickle juice
2. brown sugar
3. kosher salt
4. 1 teaspoon black pepper
5. and 1 pinch cayenne pepper in a large bowl until sugar dissolves. Place chicken breasts in brine
6. using a plate or bowl to keep breasts submerged. Refrigerate for 1 to 2 hours. Dotdash Meredith Food Studios Preheat an outdoor grill for medium-high heat and lightly oil the grate. Remove chicken breasts from brine
7. discard brine
8. and dry chicken breasts with paper towels. Brush each breast with olive oil; season with salt
9. black pepper
10. and cayenne pepper. Cook chicken on the preheated grill until no longer pink in the center and the juices run clear
11. about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Dotdash Meredith Food Studios Transfer chicken to a plate
12. tent with aluminum foil
13. and let chicken rest for 5 minutes. Dotdash Meredith Food Studios Editor's Note: The nutrition data for this recipe includes the full amount of the brine ingredients. The actual amount of brine consumed will vary.