



Perfect Chicken Brine

Savannah · 29/09/2024



Prep Time

3 hrs

Difficult

Medium

Servings

3 hrs 45 mins

Description

I created this chicken brine after experimenting for several years This brine will add a ton of flavor and will ensure the meat stays moist as its cooked

Ingredients

- - 16 cups water - $\frac{3}{4}$ cup kosher salt - ? cup white sugar - $\frac{1}{4}$ cup dried sage
- or to taste - $\frac{1}{4}$ cup dried basil
- or to taste - 2 heads garlic
- crushed and chopped - 1 tablespoon whole black peppercorns - 1 large bay leaf

Instructions

1. Bring water
2. kosher salt
3. sugar
4. sage
5. basil
6. garlic
7. peppercorns
8. and bay leaf to a simmer in a large pot over medium-high heat; this could take upwards of 20 minutes. Cook
9. stirring occasionally
10. until salt and sugar are dissolved completely
11. about 20 minutes. Remove from the heat and cover with a lid. Let brine sit at room temperature for 2 hours; this lets the dried herbs steep and really enhances the flavor of the brine. Refrigerate to finish cooling before using
12. at least 1 hour. To Use: Brine should be completely cooled before using. Follow the directions for your chicken recipe
13. but in general
14. a whole chicken can be brined for up to 8 hours
15. while bone-in pieces can be brined for up to 4 hours. Editor's Note: Nutrition data for this recipe includes the full amount of brine ingredients. The actual amount consumed will vary.