

# Buttermilk-Brined Roasted Chicken



*This method for brining chicken in buttermilk results in caramelized crispy skin and juicy, tender meat.*

<b>YIELD</b> 4-6 SERVINGS	<b>PREP TIME</b> 15 MIN	<b>TOTAL TIME</b> 1 DAY + 1 HR 45 MIN
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## INGREDIENTS

- 1 each Chicken, whole, giblets removed (about 3-5 lbs.)
- 2-3 cups Buttermilk, low-fat

## DIRECTIONS

- Brine the Chicken: The day before you want to cook the chicken, remove the wingtips by cutting through the first wing joint with kitchen shears or a sharp knife.
- Place the chicken in a gallon sized, resealable plastic bag and pour in the buttermilk. If the chicken is too large for a gallon sized bag, double up two plastic produce bags to prevent leakage and secure with a rubber band or tie the bag with a piece of twine.
- Seal the bag, squish the buttermilk all around the chicken, place on a rimmed plate and refrigerate. Over the next 24 hours, you can turn the bag every so often so that every part of the chicken makes contact with the buttermilk, but it's not essential.
- Roast the Chicken: Pull the chicken from the fridge about an hour before you plan to cook it. Preheat the oven to 425°F with a rack set in the center position.
- Remove the chicken from the plastic bag and scrape off as much buttermilk as you can without being obsessive. Tightly tie together the legs of the chicken with a piece of butcher's twine. Place the chicken in the 10-inch cast-iron skillet or shallow roasting pan.
- Slide the pan all the way to the back of the oven on the center rack. Rotate the pan so that the legs are pointing toward the rear left corner and the breast is pointing toward the center of the oven (the back corners tend to be the hottest spots in the oven, so this orientation protects the breast from overcooking before the legs are done). You should hear the chicken sizzling pretty quickly.
- After about 20 minutes, when the chicken starts to brown, reduce the heat to 400°F and continue roasting for 10 more minutes. Move the pan so the legs are facing the back right corner of the oven.
- Continue roasting for about 30 more minutes, until the chicken is brown all over and a meat thermometer inserted into the thickest part of the thigh measures 165°F.
- Remove to a platter and let rest for 10 minutes before carving and serving.

# Nutrition Facts

6 servings per container

**Serving Size** 4-6 oz. (255 g)

Amount per serving

**Calories** 370

% Daily Value \*

**Total Fat 24g** 31%

Saturated Fat 7g 36%

*Trans* Fat 0g

**Cholesterol 120mg** 40%

**Sodium 300mg** 13%

**Total Carbohydrate 5g** 0%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein 32g** 64%

Vitamin D 0.41mcg 2%

Calcium 140mg 10%

Iron 1mg 8%

Potassium 400mg 9%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Buttermilk-Brined Roast Chicken by Samin Nosrat in "Salt, Fat, Acid, Heat" (Simon & Schuster, 2017)



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