



# Brined and Roasted Chicken

If time permits, brining a chicken for a few days really enhances flavor and nutrition. If time is of the essence, brining can be skipped. Adequately sized cookware is the key to success. A slow roast guarantees smiles.



## Ingredients

- 1 whole chicken, fresh or frozen
- ½ cup salt
- 1 cup honey
- Hot and cold water
- Meat rub (variable dependent on personal tastes)



## Directions

**Step 1** – Brining. Mix salt, honey, and enough hot water to dissolve in a pot/bag large enough to contain the chicken. Stir and add cold water, then chicken, enough to cover the chicken in liquid. Brine for up to 5 days in refrigerator, allowing for defrosting to occur.

**Step 2** – Oven Roasting. Place chicken in a large covered dish (Instant Pot or Dutch Oven both work well), preferably on a grill, screen or grate for easy removal. Bake with lid on at 220°F for 4-5 hours based on size. Remove lid and bake for another 20 minutes. Verify internal temperature is 160°F.