

Sweet Tea-Brined Chicken

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Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 2 hours 35 minutes

4 cups water

2 family-size tea bags

1/2 cup firmly packed light brown sugar

1/4 cup Kosher salt

1 small sweet onion, thinly sliced

1 lemon, thinly sliced

3 cloves garlic, halved

2 6-inch fresh rosemary sprigs

1 tablespoon freshly cracked pepper

2 cups ice cubes

1 cut-up whole chicken, 3 1/2 to 4-pounds

Bring the water to a boil in a 3-quart heavy saucepan. Add the tea bags. Remove from the heat, cover and steep for 10 minutes.

Discard the tea bags.

Stir in the sugar, salt, onion, lemon, garlic, rosemary and pepper. Stir until the sugar dissolves. Cool completely (about 45 minutes).

Stir in the ice. (The mixture should be cold before adding the chicken.)

Place the tea mixture and chicken in a large zip-top plastic freezer bag. Seal the bag and place in a shallow baking dish. Place the chicken in the refrigerator and chill for 24 hours.

Remove the chicken from the marinade. Pat dry with paper towels. Discard the marinade.

Light one side of a barbeque grill, heating to 300 to 350 degrees (medium) heat. Leave other side unlit.

Place the chicken, skin side down, over the unlit side. Grill, covered, for 20 minutes. Turn the chicken and grill, covered, for 40 to 50 minutes or until done.

Transfer the chicken, skin side down, to the lit side of the grill. Grill for 2 to 3 minutes or until the skin is crispy.

Let stand for 5 minutes before serving.

Per Serving (excluding unknown items): 83 Calories; trace Fat (0.9% calories from fat); 1g Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3776mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates.