

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Slow-and-Low Dry Rub Oven Chicken

From www.smittenkitchen.com

Brine (The brine makes the chicken juicier than you ever thought possible!)

4 cups water
1/3 cup salt
1/3 cup sucanat or palm sugar
1/3 cup white vinegar

Dry Rub

6 Tbsp sucanat or palm sugar
4 Tbsp sweet or smoked paprika
3 Tbsp chili powder
Up to 1 Tbsp ground red pepper (if you like things quite hot) or to taste (I used 1/2 tsp)
2 tsp garlic powder
1 tsp ground cumin
1/2 tsp ground nutmeg
2 Tbsp salt
Up to 1 Tbsp coarsely ground black pepper

Chicken

5 1/2 -6 pounds mixed bone-in skin-on chicken parts

1. Brine the chicken: In a large plastic container, mix water, salt, sucanat and vinegar. Add chicken parts and cover with a lid or plastic wrap in the fridge, for at least 1 hour and up to 6.
2. Mix the rub ingredients together. Heat the oven to 300 degrees (You could cook this chicken longer at a lower temperature for even more flavor and tenderness; it should take 2-3 hours at 250°). Remove chicken parts from brine and pat dry. Place pieces of chicken on two very large pieces of foil, large enough to fold over chicken and form packets. Pat chicken pieces generously on all sides with rub. Turn the chicken pieces so their meatier sides are down, and tightly fold the foil around them to make two large packets.
3. Place two cooling racks (which will act as baking racks) on the two baking sheets (one on each). Place a chicken packet on each and place one sheet on an upper oven rack and one on a lower. Bake for 1 hour, then rotate baking sheets. Bake for another 30 to 60 minutes, until the internal temperature of the thickest part of each chicken piece reads 155°. (Chicken is done at 160. This leaves you a little heat window for the next step, without leading to overcooking)
4. Finish the chicken: Heat broiler. Carefully open each packet of chicken and pour accumulated juices into a saucepan. Arrange chicken pieces on open foil packets and run each tray under the broiler until lightly crisped at edges and cooked through. Place on serving platter.
5. Make a sauce* from the juice: Boil your accumulated juices in the saucepan over high heat for anywhere from 5 to 10 minutes, until it makes a syrupy sauce that coats a spoon. Add a squeeze of honey for flavor while it reduces. Once syrupy, add 1 tsp apple cider vinegar. Serve with chicken.

*You could skip this step, using instead another barbecue sauce of your choosing.