

# The Perfect Roast Chicken Recipe: Dry Brine and Grill to Perfection

Hey there, fellow foodies and BBQ enthusiasts,

As someone who loves to cook and experiment with different flavours, I've got to say that this recipe for perfect roast chicken is a winner every time. The dry-brining process allows for the flavours to really penetrate the chicken, making it incredibly juicy and tender.

This recipe can be cooked in the oven, but we recommend using a BBQ or pellet grill if you have one. It gives the chicken a beautiful crispy exterior, with a delicious smokey flavour that pairs perfectly with the other spices. Trust me, your taste buds won't be disappointed.

## Ingredients:

- 1/4 cup kosher salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme or rosemary
- 1 teaspoon onion powder
- 1 teaspoon mustard powder
- 1 teaspoon paprika
- 1 teaspoon fennel seeds
- 1/4 cup oil (we prefer grapeseed oil or avocado oil, but feel free to use what you have at home)



### **Prep & Directions for Perfect Roast Chicken:**

1. In a small bowl, mix together the kosher salt, black pepper, garlic powder, dried thyme, onion powder, mustard powder, paprika, and fennel seeds.
2. Pat the chicken dry with paper towels.
3. Sprinkle the dry brine mixture all over the chicken, making sure to rub it into the skin.
4. Place the chicken in a resealable plastic bag or on a plate, and refrigerate for at least 8 hours, or overnight.
5. Preheat your pellet grill or oven to 375 degrees F.
6. Remove the chicken from the refrigerator and allow it to come to room temperature for 30 minutes.
7. Coat the chicken lightly on all sides with oil.
8. Grill or roast the chicken for approximately 1 hour, or until the internal temperature reaches a minimum of 165 degrees F in both the thigh and breast.
9. Remove the chicken to a large cutting board or plate, and let rest for at least 20 minutes before carving and

serving.

#### Tips:

- If using a gas or propane BBQ, be sure to use indirect heat or you will likely end up burning the bird. Leave one section of the grill off completely, and cook the chicken directly over that area with the lid down.
- Put a foil tray directly under the grill grates to catch any drippings, which can be turned into gravy if desired. This will also prevent any potential flare-ups as the fat renders from the bird.
- Serving suggestion: we like to eat this chicken with roast potatoes, some veggies and a gravy made from the pan drippings, but feel free to improvise!







## **Final Thoughts: Perfect Roast Chicken**

Remember, cooking is all about having fun and experimenting with different flavours and techniques. Go ahead and try this recipe out for yourself, and don't be afraid to put your own spin on it. Whether you're a seasoned cook or a beginner, this Perfect Roast Chicken recipe is sure to become a staple in your household. Enjoy!