

# Tastemaker

## BLOG

### ORANGE BRINED ROAST CHICKEN

makes 1 whole chicken, serves 2-4

#### INGREDIENTS:

1 whole chicken, 5.5 pounds  
2 navel oranges  
2 tbsp peppercorns, muddled or crushed  
4 tbsp kosher salt  
olive oil for drizzling

#### DIRECTIONS:

Remove the giblets and any other organs from the chicken. Rinse the inside and outside of the chicken with cold water. Pat the chicken dry with paper towels. Put the chicken into a gallon ziploc bag and add the juice and zest of two oranges, the crushed peppercorns, and salt. Shake the bag a bit until the chicken is well coated. Let it sit in the refrigerator overnight.

Once you're ready to cook, pat the chicken's skin dry, lightly, not removing all of the brine. Preheat the oven to 475 F. Place the bird on a high sided baking sheet or a roomy baking dish or roasting pan. Drizzle it lightly with a bit of olive oil (maybe 1 tbsp). Put the chicken in the oven and immediately turn the oven down to 400 F and bake for about 2 hours or until a thermometer inserted into the thickest part of the breast reads 165 F. If you have a smaller bird, I've included the table below for cooking times. Basically subtract 20 minutes for every pound of chicken it is less than mine.

3.5 LB chicken - 1 hr 20 min

4 LB chicken - 1 hr 30 min

4.5 LB chicken - 1 hr 40 min

5 LB chicken - 1 hr 50 min