

Buttermilk Chicken

Ingredients

4 lb.	Whole chicken
3 cups	Buttermilk
2 T	Kosher salt

Method

Day before:

1. Prepare chicken: see notes below.
2. Stir salt into buttermilk.
3. Place chicken into gallon size zip-lock bag and pour buttermilk over chicken.
4. Seal bag and place in shallow dish.
5. Refrigerate the chicken and allow it to marinate overnight, about 24 hours.
6. Clean and sanitize sink and cutting board.

Day of:

1. Preheat oven to 425°.
2. Remove chicken from bag and allow to drain for a few minutes.
3. Place chicken in a cast iron skillet or shallow roasting pan. Tuck the wingtips under if you haven't cut them off.
4. Place pan in the back half of the oven on the center rack.
5. After the chicken begins to brown, about 20 minutes, reduce the heat to 400°. Rotate the pan after another 20 minutes.
6. Cook the chicken until the juices run clear and internal temperature registers 165° in the thickest part of the breast and the inner thigh. Total cook time is about 60 minutes.
7. Allow the chicken to rest 10 minutes before serving. See serving notes below.

Food Safety Reminders



Wash hands with soap and water before starting.
Wash anything that touches raw meat or eggs.
Gently scrub produce under running water.

Use separate cutting boards for meat and produce.
Wear gloves when handling ready to eat foods.
Follow proper cook-to and holding temperatures.

Notes

To prepare chicken: Clean the inside cavity of the chicken (remove gizzard and save for stock) and run cold through. Cut off the wingtips at the first joint if desired and save for stock. Lay the chicken on a cutting board and place a long piece of kitchen twine under the neck. Bring the twine up on both sides, pull the legs close to the breast and cross the twine over the legs. Then run the twine along the sides of the breast to plump it up and tie the twine underneath.

To serve: Slice the chicken down the middle cavity from front to back. Pull the legs and thighs away from the breast and place on a serving plate. Snap the breastbone and pull it away from the meat leaving the breast intact. Slice the breasts and place them on your serving plate.

