

Barbecue Chicken Breasts

Ingredients

6 chicken breasts on-the-bone

10 cups of water

¼ cup kosher salt

2 tablespoons brown sugar

Your favorite barbecue sauce



Prepare the brine: In a large bowl, dissolve kosher salt and sugar in the water. Pour half the water into two large freezer bags. Place three chicken breasts in one bag and the remaining three in the other bag so the brine can properly soak each breast. Place in the refrigerator and brine for 1-2 hours.

Grill chicken breasts: Remove breasts from brine and pat dry. Dispose brine, it's not reusable. Set out on counter to remove chill -at least 15 minutes - as grill is heating. Start grill on high heat and wait until grates are hot. Lower heat to medium-high (or wait until coals cool somewhat). Roll several paper towels and moisten with a few tablespoons of canola or vegetable oil. Using tongs, oil the grates so the chicken skin doesn't stick to the grill.

Place chicken breasts – skin down – on the grates. Cook for 6-7 minutes then rotate 45° and cook for another 6-7 minutes (cover grill both times). Be careful the chicken doesn't burn – if it does, lower heat. Flip chicken to the “bone” side and either lower heat to medium (gas grill) or move chicken to a cooler part of the grill (charcoal grill), cover and cook for another 10 minutes, checking occasionally.

Flip breasts back to skin-side up and brush liberally with barbecue sauce. Continue to cook until internal temperature reaches 160° (insert meat thermometer into thickest part of the breast.) As an option – if chicken is getting too burned – you can finish cooking in a 350° oven until desired temperature.

Prepare dish for serving: Place breasts on large platter, “tent” with foil so it doesn't touch the meat, and allow chicken to rest for at least 10-15 minutes. Serve with your favorite potato salad and enjoy!