

Orange Brine Recipe

Good for chicken and Pork

By Alton Brown

Adapted by Gary Vander Giessen

Bring 2 cups water to a boil

Add 1 ½ tablespoon “Better than bouillon veggie stock”

½ cup salt

½ cup brown sugar

1 teaspoon black peppercorns

2 Bay leaves

1 can frozen Orange juice

Bring back to a boil, take off the heat and add 1 can frozen orange juice. Let dissolve. This will help cool the mixture.

Add 1 quart and 2 more cups very cold water, and 5 cups of ice.

We are trying to bring the temp of the brine to below 40 degrees rapidly.

Use immediately, or divide into gallon or quart sized freezer bags and freeze until ready to use.

To use for chicken rinse chicken shake off any excess moisture and place in large freezer bag. Fill to the top with brine and let brine for 8 to 48 hours. For thin cuts of pork you would only need about ½ hour.

After brining, pat dry, spray with cooking oil, (Pam is fine) and cook until done.

Enjoy!

Gary