



Buttermilk-Brined Roast Yard Bird

Ingredients

- 1 chicken, 3½ to 4 pounds
- Kosher salt or fine sea salt
- 2 cups buttermilk

The good news: This southern mema method of roasting a chicken makes the best chicken we've ever tasted.

The bad news: You'll have a lot of buttermilk left after.

The good news: You'll use it making this chicken next week, and the next week, and the next week.

1. The day before you cook, season the chicken generously with salt and let sit by its salty self for 30 min.

2. Stir 2 tablespoons Kosher salt or 4 teaspoons of fine sea salt into the buttermilk to dissolve. Pop the chicken into a gallon size bag and pour in that salty buttermilk.

3. Get as much air out as you can and seal the bag. Then squish the buttermilk all around the chicken before placing in a bowl or rimmed plate to hang out in the refrigerator for 12 to 24 hours (seriously). Feeling obsessive? Feel free to turn the bag periodically to be sure everything's marinated.

4. An hour before you cook, pull the chicken out of the fridge and start the oven heating to 425 degrees.

5. Take the chicken out of the bag and scrape off as much buttermilk as you can without being weird about it. Tie the legs together tightly with a piece of butcher's twine and plunk the chicken in a 10-inch cast iron skillet or shallow roasting pan.

6. Set your rack so the chicken'll be in the center of the oven and slide the pan all the way to the back. Rotate the pan so the legs are pointing toward the rear left corner and the breast is pointing toward the center of the oven.

7. After about 20 minutes, when the chicken starts to brown, reduce the heat to 400 degrees and continue roasting for 10 minutes.



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8. Now rotate the pan so the legs point to the rear right corner of the oven and continue cooking for another 30 minutes or so until the chicken is brown all over and the juices run clear when you sick a knife down to the bone between the leg and thigh.

If the skin is getting too brown, before it's cooked through, make a foil tent and rest it on top of the chicken.

When cooked through, remove the bird to a platter and let it rest for 10 minutes before carving and serving and making again.