

# CHICKEN TIPS

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**NELSON**  
community food centre

## For juicier chicken, try brining it:

- Mix 1 L of warm water with 1/4 cup of salt. Double this if you're making a whole chicken.
- Place raw chicken in water and let it brine for 30 min to 24 hours in fridge.
- Remove chicken from brining liquid, rinse and pat dry with paper towels.
- Follow directions below for cooking the chicken.

## Cooking the chicken:

- Preheat oven to 450.
- Rub with oil or butter.
- Season chicken with salt and pepper and desired herbs.
- Place chicken on baking sheet and cook for 15-18 min for breasts, 20-25 min for thighs and legs and 45 min to an hour for a whole chicken (or until juices run clear when you cut into the chicken).
- Let chicken rest for 5-10 minutes before digging in!

