

## Honey-Brined Lemon Pepper Chicken (For Grill or Oven Roasting)

I am sweet on Honey! Wildflower honey has a savory, herbaceous quality that makes it pair well with chicken. The brine in this dish tenderizes the bird, keeps it juicy, and flavors the meat all the way through. Brine the chicken in the morning and it will be ready to grill or oven roast by dinnertime.

### For The Brine:

- 1/3 cup kosher salt
- 1/3 cup wildflower honey (any honey will do)
- 2 fresh rosemary sprigs
- 2 garlic cloves, smashed and peeled
- 1 teaspoon freshly ground black pepper
- ½ lemon
- 2 cups ice
- 1 (3 ½ pound chicken, cut into serving pieces)

### For Seasoning After Brining:

- Lemon pepper
- Additional lemons sliced in half

For the brine: In a medium saucepan, combine 2 cups water, the salt, honey, rosemary, garlic, and pepper. Bring the mixture to a simmer over medium-high heat and stir to dissolve all the salt and honey. Turn off the heat and squeeze in the juice of ½ a lemon, then add the lemon as well. Allow the mixture to cool slightly. Place the ice in a large re-sealable plastic bag or container. Pour the warm brine onto the ice and stir until the ice is fully melted. Add the chicken pieces to the mixture, making sure they are fully submerged. Seal the bag and brine in the refrigerator for at least 6 hours or overnight.

An hour before cooking, remove the chicken from the brine and dry well with paper towels. Season the chicken with the lemon pepper seasoning. Place the chicken on a cooling rack over a baking tray and allow it to air dry and come up to room temperature for an hour. This will promote even browning.

If oven roasting: preheat oven to 425 degrees. Roast chicken pieces for 20 minutes and then add sliced lemons to the baking dish. Roast an additional 20 minutes until cooked through. Serve with roasted lemon halves squeezed over chicken.

If grilling: preheat grill to medium-high. Grill chicken for 30 minutes, turning occasionally. During the last 10 minutes of cooking, grill the lemons until lightly charred. Serve chicken with lemon halves squeezed over chicken.