



Barbeque Chicken

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Raccoon Flats BBQ



Types of Chicken

Broiler/Fryers: A young chicken usually 6-8 weeks old. The dressed weight will range from 2.75 to 4.50 pounds. Broilers are sometimes referred to as fryers.

Roaster: The dressed weight will range from 4.75 to 7.50 pounds. Roasters are processed when they are 8-12 weeks old. Roasters are generally sold as whole birds.

Capon: A surgically desexed male chicken. Capons are processed when they are 15 weeks old. The dressed weights range from 6-9 pounds. Capons are meaty, flavorful, tender with lots of fat. Capons are marketed as whole birds.

Cornish Hen: The Cornish hen is a young, immature chicken, usually 5-6 weeks old, with a dressed weight of not more than 2 pounds.



Selecting Chicken

Prefer Fryers or Roasters for barbequing

Get fresh as possible

Prefer air chilled chicken SmartChicken
(www.smartchicken.com)

No added water (no purge)

Natural flavor (not washed out)

More tender product



Adding Flavor

- **Marinades** - usually made up of three components: acid, oil, and spices.
 - Acid helps to partially denature the meat's proteins and tenderize meat
 - Marinades mostly penetrate only the surface
 - Marinades work best on meats such as chicken breast and fish or thin cuts of beef/pork (steaks, cubes, etc)
- **Injecting** – using an injector and needle to physically inject flavor/marinade into meat
 - Solves marinades problem of only flavoring the surface
 - Causes concentrated/uneven pockets of flavor.
- **Brining** – uses salt/osmosis to improve the flavor, texture, and moisture content of lean cuts of meat.



What is Brining

Brining

- Uses salt and osmosis to drive moisture into meat
- Carries the flavors from spices & herbs into the meat
- Deeply flavors the meat unlike marinades or rubs
- More uniform flavoring versus injection
- Prevents lean meats from drying out



Basic Brine Rules

- Start with the Cook's Illustrated basic brine
- Add desired spices
- I use plastic zip lock bags for chicken and a food grade 5 gallon bucket for whole turkeys
- Add 1 quart hot water to dissolve salt, sugar and spices in plastic bag
- Add 3 quarts cold water to make 1 gallon of brine.



Basic Brine Rules

- Stay away from high concentrations of acids (vinegar, lemon juice, orange juice)
- Brine must be kept under 40 degrees. Place brine and meat in refrigerator. Do not add meat to hot brine!
- Can substitute other sweeteners like molasses, natural sugar, brown sugar, honey, etc.
- Use shortened brining times to start
- Rinse meat well after brining & pat dry
- Air dry chicken/turkey for several hours in fridge so skin will crisp when cooking.



Brining Times

Shrimp	30 minutes
Chicken Parts	1–2 hours
Whole Chicken	3-8 hours
Cornish hens	1-2 hours
Whole Turkey	12hrs–2 days
Salmon/Tuna	4-6 hours
Pork Chops	2-6 hours
Whole Pork Loins	24hrs - 3 days



Basic Brine

Basic Brine

Start with 1 gallon basic brine

2T Garlic Powder

1T Onion Powder

1T Oregano



Basic Brine

Basic Brine #3

Start with 1 gallon basic brine

2-4T Old Bay (or Zatarains) seasonings

use Old Bay or Zatarains for dry rub



Spatchcocking Chicken

Spatchcock – “butterfly” chicken and laying it flat for quicker more even cooking. You need a poultry shear and a knife.

1. Place chicken breast down.
2. Cut out backbone by cutting down on either side of tail cutting along the backbone.
3. Now cut on other side of backbone to completely remove it.
4. Turn over chicken so it is breast side up and press hard on breast to cause it to lay flat.
5. You are now done if you want to cook it in one piece.
6. Cut down the middle of the breast if you want to cook halves
7. Cut at thigh joint to make leg-thigh quarters
8. Cut into pieces. Wings, thighs, legs, breast halves
9. Can leave wings on breast, but fold them in for better appearance.



Spice Rub

Add spice rub to chicken and make sure you get under the skin.

Be careful not to put too much if you have never used the rub before. Always better to have too little than too much!



Spice Rub

Brian's Italian Chicken Rub

(Brian J. Sweeney, IBS Member)

1T Oregano

1T Garlic Powder

1T Onion Powder

1T Salt

1t Black Pepper

Use this as a base. I like to add some heat (1/2t Chile/Cajun) or color (paprika 1t) or lemon peel (1t-1T)



Cook

Use high temperatures (high for BBQ) of 250-350 degrees.
Fruit woods are good for adding smoke flavor (Apple, Cherry,
Oak)

Check temperature after $\frac{1}{2}$ - $\frac{3}{4}$ of the cooking time has elapsed.
Estimate 2 hours. Check temp after 1 - 1.5 hours

For whole chicken, the breast should register 150-165°F and
the thigh 165-175°F.

For chicken pieces, the breast should register 150°F and
thighs/legs 165°F.

Let rest 10-15 minutes before serving in a pan with a foil tent.
Temperature will raise by 5-10 degrees.



Glaze

During the last 10-15 minutes, you can glaze the meat with a finishing sauce/glaze.

Don't do it earlier as it will burn at high temperatures

Apply several coats about every 5 minutes



Glaze 2

Basic BBQ Glaze

1C barbeque sauce

1/2C-1C honey to taste

I like to add some heat (Chiles)



Eat

Questions?