



## Poultry Brine

The purpose of brining is to prevent meats from drying out in the cooking process and to maintain a tender, moist texture.

4 chicken breasts or 1 whole chicken (triple recipe for 15 lb turkey), rinsed under cold water  
8 oz Pure Ocean Table Sea Salt  
¼ cup Firmly-packed brown sugar  
15 whole black peppercorns  
1 red chile pepper, thinly sliced  
2 bay leaves  
4 cups hot water  
1 tablespoon lemon or lime juice  
2 tablespoon minced garlic

Combine all ingredients, except the chicken, the day before cooking. Marinate chicken in brine for one hour before grilling or baking.