



Garden Fresh Farm Recipes

Smoked Whole Chicken

This is a very good and easy smoked chicken recipe. You can taste the smoke, fruit and garlic in the chicken, it is delicious. Add BBQ sauce to have an alternative to BBQ pork. This recipe works well to make a chicken salad with leftovers.

Ingredients:

3-5 lb. chicken

1 lemon

1 onion

1 apple

2 garlic cloves

Salt & Pepper

Paprika

Olive Oil



Brine the chicken (Recipe below – overnight if possible)

Directions:

Chop the lemon, onion, apple and garlic cloves. Throw them in a bowl and mix together with salt, pepper and olive oil. Set aside.

Take your chicken out of the brine and rinse with cool water. Set on a tray. Now take the mixture you just made and stuff it inside the chicken.



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Rub olive oil all over your bird. This will help give it a nice golden brown color. Then sprinkle salt and pepper all over, and a light dusting of paprika for color.

Set up your grill for indirect cooking (or use your smoker)

Place your bird away from the heat, and throw a bunch of wood on your coals. Stick with fruit wood – apple is a good pairing with chicken.

Assuming your grill holds its temp around 250, and depending on the weight, your chicken will cook for 3 – 5 hours. You want an internal temperature in the leg of 170. If the bird is bigger or your heat is lower, it will take longer to reach this temperature.

Let the chicken rest for at least 20 minutes before pulling apart or slicing.

Basic Brine Recipe

Ingredients:

1 gallon water

1 cup kosher/sea salt (1/2c iodized)

1 cup brown sugar

Instructions

Mix all of the ingredients together in whatever container is needed for the amount of meat you have.

Add your meat and don't forget it **MUST** be refrigerated. You can brine for a few hours, overnight, or for several days!

When you remove your meat from the brine, lightly rinse with cool water. Pat dry and your meat is ready for spices/rubs and off you go!