

Brined & Rubbed Grilled Chicken



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

4 ~ boneless, skinless
chicken breasts

4c water, hot

1/3c kosher salt

1/3c brown sugar

2c ice cubes

2T garlic powder

1T cumin

1T paprika

1t kosher salt

1t black pepper

1t cayenne pepper

1/3c olive oil

1/3c lemon juice, fresh
squeezed

Combine water, salt and brown sugar in gallon zip~lock bag. Mix well. Add chicken breasts and ice cubes. Seal and refrigerate at least 6 hours, preferably overnight.

Remove chicken from marinade, rinse and pat dry. Mix together garlic powder, cumin, paprika, salt, pepper, cayenne, olive oil and lemon juice in small bowl. Mix until a paste forms and rub all over chicken breasts. Let sit at room temperature 30 minutes.

Preheat grill and grill for 25 minutes or until chicken juices run clear when pierced with a fork.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by

Debbie Spangler ~ Certified Personal Chef

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