



Buttermilk-Brined Chicken with Cress and Bread Salad

READY IN



45 min.

SERVINGS



8

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 quarts buttermilk
- ☐ 7 pound roasting chickens
- ☐ 8 cups ciabatta bread country-style
- ☐ 1 bunch marjoram fresh
- ☐ 4 garlic clove crushed
- ☐ 2 tablespoons kosher salt plus more
- ☐ 2 optional: lemon

- ☐ 0.5 cup olive oil
- ☐ 1 small shallots finely chopped
- ☐ 8 cups watercress thick trimmed
- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 0.3 cup citrus champagne vinegar

Equipment

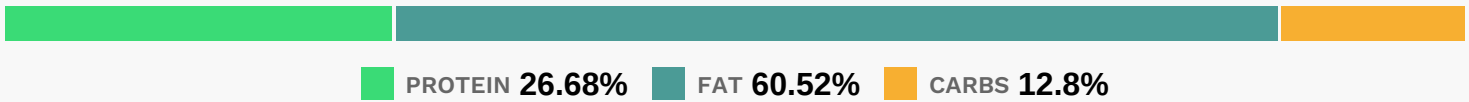
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ kitchen twine

Directions

- ☐ Thinly slice 1 lemon.
- ☐ Whisk buttermilk, garlic, and 2 tablespoons salt in a medium bowl. Divide buttermilk mixture and lemon slices between 2 large resealable plastic bags.
- ☐ Place 1 chicken in each bag and seal, pressing out any excess air. Refrigerate, turning occasionally, at least 8 hours and up to 1 day.
- ☐ Preheat oven to 425°F.
- ☐ Remove chickens from marinade, rinse with cold water, and pat dry. Thinly slice half of a lemon; cut remaining whole lemon in half.
- ☐ Place chickens on a wire rack set inside a large rimmed baking sheet; stuff each with 1/2 bunch of marjoram and a lemon half. Working from neck end of chicken, gently loosen skin from chicken breasts.

- ☐ Place several lemon slices under skin of each breast. Rub chickens with butter; season with salt and pepper. Tie legs with kitchen twine and tuck wing tips under chicken.
- ☐ Roast chickens until they begin to brown, 30–35 minutes. Reduce oven temperature to 350°F and roast until chickens are cooked through and a thermometer inserted into the thickest part of the thigh registers 165°F, 20–25 minutes longer.
- ☐ Transfer chickens to a platter, tent with foil, and let rest while preparing bread salad. Keep oven on.
- ☐ Carefully pour chicken roasting juices from baking sheet into a large bowl (set baking sheet aside).
- ☐ Whisk shallot, oil, and vinegar into juices in bowl; season vinaigrette with salt and pepper.
- ☐ Pour half of vinaigrette into a small bowl; set aside.
- ☐ Add bread to vinaigrette in large bowl and toss, pressing gently to help bread absorb vinaigrette.
- ☐ Transfer bread to reserved baking sheet and toast, tossing occasionally, until bread is golden brown but still soft in the center, 10–15 minutes (set bowl aside).
- ☐ Place warm bread in reserved bowl.
- ☐ Add watercress and reserved vinaigrette; season with salt and pepper and toss to combine. Arrange salad on a platter and place chickens on top.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:4.43, Inflammation Score:-10, Nutrition Score:40.860000112782%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 7.56mg, Apigenin: 7.56mg, Apigenin: 7.56mg, Apigenin: 7.56mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg

Nutrients (% of daily need)

Calories: 922.12kcal (46.11%), Fat: 61.43g (94.51%), Saturated Fat: 21.43g (133.93%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 27.73g (10.08%), Sugar: 12.58g (13.98%), Cholesterol: 290.45mg (96.82%), Sodium: 2348.36mg (102.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.92g (121.84%), Vitamin K: 145.45µg (138.52%), Vitamin B3: 19mg (94.98%), Vitamin A: 4396.61IU (87.93%), Phosphorus: 712.74mg (71.27%), Vitamin B12: 3.97µg (66.15%), Selenium: 43.11µg (61.59%), Vitamin B2: 0.96mg (56.29%), Vitamin B6: 1.11mg (55.54%), Vitamin C: 41.31mg (50.07%), Vitamin B5: 4.05mg (40.49%), Calcium: 361.42mg (36.14%), Zinc: 4.74mg (31.62%), Potassium: 1079.87mg (30.85%), Iron: 4.64mg (25.76%), Folate: 99.85µg (24.96%), Magnesium: 91.55mg (22.89%), Vitamin B1: 0.33mg (22.13%), Vitamin D: 3.18µg (21.21%), Copper: 0.29mg (14.32%), Manganese: 0.24mg (12.03%), Vitamin E: 1.13mg (7.53%), Fiber: 1.51g (6.03%)