



## Cornell Chicken with Grilled Steak Fries

 **Gluten Free**  **Dairy Free**

READY IN



235 min.

SERVINGS



8

CALORIES



1224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple cider vinegar
- 2 cups apple cider vinegar
- 1 tablespoon pepper black freshly ground
- 8 peppercorns black
- 8 servings canola oil
- 8 servings canola oil for brushing
- 1 teaspoon ground celery seeds
- 7 pound chickens halved

- 5 tablespoons dijon mustard
- 1 tablespoon marjoram dried
- 3 tablespoons sage dried
- 1 tablespoon thyme leaves dried
- 8 servings chives fresh finely chopped
- 8 servings parsley fresh finely chopped for garnish
- 1 tablespoon rosemary fresh finely chopped
- 2 teaspoons rosemary fresh finely chopped
- 8 sprigs rosemary fresh
- 1 teaspoon sage fresh finely chopped
- 8 sage leaves fresh
- 2 teaspoons thyme leaves fresh finely chopped
- 8 sprigs thyme leaves fresh
- 0.3 teaspoon ground cloves
- 2 teaspoons r honey
- 0.3 cup kosher salt
- 8 servings kosher salt and pepper black freshly ground
- 8 servings olive oil extra-virgin
- 5 large russet potatoes salted cooked
- 2 tablespoons sugar

## Equipment

- bowl
- whisk
- grill

## Directions

- Whisk 8 cups cold water, the vinegar, salt, sugar, cloves, peppercorns, rosemary, sage and thyme until the salt and sugar are dissolved.

- Add the chicken, cover and refrigerate for at least 1 hour and up to 2 hours. Do not brine any longer than 2 hours or the chicken will start to break down.
- For the spice mixture: Stir the sage, marjoram, pepper, rosemary, thyme, celery seeds and ground cloves in a small bowl.
- Whisk the vinegar, mustard, honey, rosemary, thyme and sage in a bowl until smooth.
- Remove the chicken from the refrigerator 30 minutes before grilling. Rinse under cold water and pat dry.
- Brush the chicken with canola oil.
- Sprinkle the skin side of the chicken with half the spice mixture and some salt and pepper.
- Prepare a charcoal grill for direct and indirect cooking. On the direct side, have the coals at medium-high heat. Arrange the chicken skin side down on the grill, over direct heat. Rub the bottom of the chicken with the remaining half the spice mixture. Grill the chicken until well browned, about 10 minutes. Flip the chicken skin side up and baste 1/3 cup of the sauce.
- Move the chicken to indirect heat, cover, and cook until the thigh meat registers 165 degrees F, about 40 minutes longer. Baste with 1/3 cup of the sauce every few minutes.
- Transfer the chicken to a platter.
- Brush with the remaining 1/3 cup of the sauce and sprinkle with parsley.
- Let the chicken rest for 10 minutes before cutting. Arrange on a platter with the Grilled Steak Fries.
- Heat the grill to medium heat.
- Cut each potato into eighths.
- Brush the potatoes with canola oil and sprinkle with salt and pepper. Grill the potatoes until lightly golden brown on both sides and just cooked through, about 4 minutes each side.
- Transfer to a platter and immediately drizzle with olive oil.
- Sprinkle with more salt and chives.

## Nutrition Facts

 **PROTEIN 18.3%**  **FAT 65.13%**  **CARBS 16.57%**

## Properties

Glycemic Index:72.76, Glycemic Load:36.22, Inflammation Score:-10, Nutrition Score:44.995652157327%

## Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 8.88mg, Apigenin: 8.88mg, Apigenin: 8.88mg, Apigenin: 8.88mg Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 1224.14kcal (61.21%), Fat: 87.66g (134.86%), Saturated Fat: 16.98g (106.09%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 45.44g (16.52%), Sugar: 6.45g (7.16%), Cholesterol: 249.17mg (83.06%), Sodium: 5038.82mg (219.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.42g (110.84%), Vitamin K: 125.04µg (119.09%), Vitamin B3: 21.25mg (106.25%), Vitamin B6: 1.77mg (88.61%), Copper: 1.36mg (67.84%), Phosphorus: 632.5mg (63.25%), Vitamin A: 3002.97IU (60.06%), Selenium: 38.01µg (54.3%), Manganese: 1.04mg (51.94%), Potassium: 1681.82mg (48.05%), Vitamin B12: 2.87µg (47.81%), Vitamin E: 7.12mg (47.47%), Iron: 8.24mg (45.77%), Vitamin B5: 3.72mg (37.18%), Vitamin C: 29.19mg (35.39%), Vitamin B2: 0.6mg (35.29%), Magnesium: 130.95mg (32.74%), Zinc: 4.68mg (31.2%), Folate: 120.83µg (30.21%), Vitamin B1: 0.39mg (26.31%), Fiber: 4.72g (18.9%), Calcium: 125.77mg (12.58%)