



Fantastic Bourbon Smoked Chicken

READY IN



1235 min.

SERVINGS



4

CALORIES



979 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon peppercorns black
- ☐ 9 tablespoons bourbon divided
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon coriander seeds
- ☐ 0.3 cup brown sugar dark packed
- ☐ 1 small fuji apple cored quartered
- ☐ 3 garlic cloves peeled

- ☐ 2 quarts ice water
- ☐ 3 tablespoons kosher salt
- ☐ 1 optional: lemon quartered
- ☐ 1 small onion quartered
- ☐ 2 cups applewood chips
- ☐ 2 quarts water
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

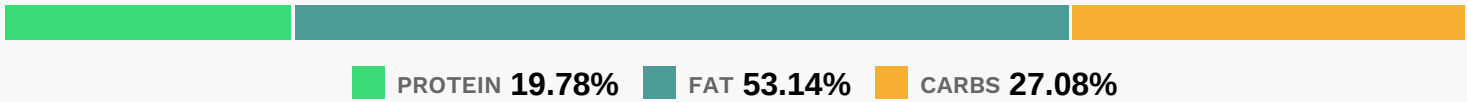
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ sieve
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Combine 2 quarts water, 1/2 cup bourbon, sugar, and kosher salt in a large Dutch oven, and bring to a boil, stirring until salt and sugar dissolve.
- ☐ Add ice water and next 7 ingredients (through lemon), and cool to room temperature.
- ☐ Add chicken to brine; cover and refrigerate 18 hours, turning chicken occasionally.
- ☐ Soak wood chips in water for 1 hour; drain.
- ☐ Remove the chicken from brine; pat chicken dry with paper towels. Strain brine through a sieve; discard brine and reserve 2 apple quarters, 2 lemon quarters, 2 onion quarters, and garlic. Discard remaining solids.
- ☐ Sprinkle chicken cavity with pepper; add reserved solids to chicken cavity. Lift wing tips up and over back; tuck under chicken. Tie legs.

- ☐ Remove the grill rack, and set aside. Prepare the grill for indirect grilling, heating one side to high and leaving one side with no heat. Pierce the bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place pan on heat element on heated side of grill; add 1 cup wood chips to pan.
- ☐ Place another disposable aluminum foil pan (do not pierce pan) on unheated side of grill.
- ☐ Pour 2 cups water in pan.
- ☐ Let chips stand for 15 minutes or until smoking; reduce heat to medium-low. Maintain temperature at 27
- ☐ Coat the grill rack with cooking spray; place on grill.
- ☐ Place chicken, breast side up, on grill rack over foil pan on unheated side.
- ☐ Combine the remaining 1 tablespoon bourbon and butter; baste chicken with the bourbon mixture. Close lid, and cook for 2 hours at 275 or until thermometer inserted into meaty part of thigh registers 16
- ☐ Add remaining 1 cup wood chips halfway through cooking time.
- ☐ Place chicken on a platter; cover with foil.
- ☐ Let stand for 15 minutes. Discard the skin before serving.

Nutrition Facts



Properties

Glycemic Index:76.96, Glycemic Load:22.24, Inflammation Score:-7, Nutrition Score:25.696956655254%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

0.18mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 979.39kcal (48.97%), Fat: 53.8g (82.78%), Saturated Fat: 16.64g (104.01%), Carbohydrates: 61.69g (20.56%), Net Carbohydrates: 53.14g (19.32%), Sugar: 18.67g (20.75%), Cholesterol: 170.82mg (56.94%), Sodium: 6041.39mg (262.67%), Alcohol: 11.27g (100%), Alcohol %: 1% (100%), Protein: 45.07g (90.13%), Vitamin B3: 17.64mg (88.18%), Vitamin B6: 1.08mg (53.81%), Selenium: 33.14µg (47.34%), Phosphorus: 440.36mg (44.04%), Manganese: 0.8mg (40.01%), Vitamin C: 29.25mg (35.46%), Fiber: 8.56g (34.23%), Potassium: 1105.52mg (31.59%), Vitamin B5: 2.79mg (27.9%), Iron: 4.46mg (24.79%), Zinc: 3.55mg (23.68%), Magnesium: 91mg (22.75%), Copper: 0.39mg (19.7%), Vitamin B2: 0.33mg (19.51%), Vitamin B1: 0.26mg (17.07%), Folate: 47.41µg (11.85%), Calcium: 117.5mg (11.75%), Vitamin B12: 0.68µg (11.35%), Vitamin A: 438.57IU (8.77%), Vitamin K: 8.94µg (8.51%), Vitamin E: 0.88mg (5.84%), Vitamin D: 0.44µg (2.9%)