

Chicken Breast

[Doug Keiles of Ribs Within BBQ](#)

From the Yale Appliance + Lighting Chef Series

Chicken breast is the leanest part of the bird and the easiest to overcook and nobody likes a dry chicken. So here is how I make my chicken breast juicy. I brine it for a short time, 1 hour, in a solution of 1 tablespoon of salt, 1 tablespoon of sugar and 2 cups of water for up to 4 breasts, in a Ziploc bag.

Methods

1. First, combine your salt and sugar in cool, not cold, water. After it is dissolved, add your chicken breasts. After an hour, take the breasts out, give them a quick rinse in cold water and pat them dry.
2. Add your favorite BBQ rub – I use Ribs Within Wahoo Chicken Rub – and cook on a medium/high heat for 3 minutes per side and test for doneness; if your breasts are very thick, it could take an extra minute on each side. The brine helps stop the moisture from releasing quickly and prevents dry meat.
3. When the meat is cooked to your liking, brush on your favorite sauce
4. Then heat for 30-45 seconds per side to sear on the sauce.
5. Thighs, legs and wings are much more forgiving and do not need to be brined. Thighs can be brined, but usually don't need to be. With these, I just rub them and cook them on medium (about 300-325), meat side down for 30 minutes.
6. Legs and wings do not need to be brined because there is a lot of skin that prevents them from drying out.
7. Just rub them and cook them for an hour on medium, turning every 15 mins. Only sauce for the last few minutes, this prevents burned, undercooked chicken.