

BUTTERMILK ROAST CHICKEN

2 cups buttermilk
5 garlic cloves, peeled and smashed
2 tsp. table salt
1 tablespoon granulated sugar
1 ½ teaspoons paprika, plus extra for sprinkling
1 tsp. Bavarian Inn chicken seasoning
Lots of freshly ground black pepper
2 ½ to 3 pounds chicken parts (can substitute all breasts)

Drizzle of olive oil
Flaked or coarse sea salt – to finish

Whisk buttermilk with garlic, table salt, sugar, paprika and freshly ground black pepper in a bowl. Place chicken in a gallon-sized freezer bag and pour buttermilk brine over them, then swish it around so that all parts are covered. Refrigerate for at least 2, but preferably 24 – 48 hours.

Preheat oven to 425 degrees. Line a baking dish with foil if desired to save on dishes.

Remove chicken from buttermilk brine and arrange in dish. Drizzle lightly with olive oil, and then sprinkle with Bavarian Inn chicken seasoning and the additional paprika to taste. Roast for 30-40 minutes or until internal temperature is 160 degrees and juices run clear.

Note from Dorothy – This chicken may also be put on an outside grill. Be careful though. It might flare up because it is marinated and wet. Note that grilling it will make it brown fast on the outside.