

## SUGGESTED PAIRINGS

Inniskillin East West  
Cabernet-Shiraz



A red wine suggestion with white meat! The round soft flavours in the Inniskillin Cabernet-Shiraz blend provides a complementary pairing that does not overpower.

Brining is a great way to ensure a moist and flavourful product. The brine itself can be made up in advance and the chicken could even be brined the day prior to roasting. If time doesn't permit brining, a rub of olive oil, salt and pepper will still yield a good result.

1 3lb Free Range Chicken  
16 cups Water  
1 cup Salt  
1/2 cup Sugar  
3 Tbsp Whole peppercorns  
1 bulb Garlic  
1 Lemon  
1 bunch Thyme  
1 bunch Parsley

Bring water, salt and sugar together in a large pot. Bring to a boil, when the salt and sugar dissolve remove from heat.

Cut the lemon and garlic in half.

Add garlic, lemon, herbs and peppercorns to the brine and let cool completely.

When the brine is cold add in the chicken and refrigerate for 4 hrs.

Remove the bird and rinse well under cold water, then dry off with a kitchen towel.

Place back in the fridge uncovered for 1 – 12hrs. This will ensure the brine is evenly distributed and will also give the skin time to dry giving us a crispy exterior when roasted.

Remove the chicken from the fridge and let rest at room temperature for a half hour.

Preheat the oven to 350°F.

Rub the chicken with olive oil and place breast up on a roasting tray.

Roast for roughly 90 minutes or until a meat thermometer inserted into the inner thigh (close to but not touching the thigh bone) reads at least 165°F (74°C).

Let the bird rest for 30 minutes before carving

Recipe by David Penny,  
Chef Great Estates of Niagara