

Wet Brine solution for chicken breasts

- 4 cups water (cold)
- 1/4 cup kosher salt (or 3 tablespoons table salt)
- Optional: 2-3 tablespoons sugar (for balance, enhances flavor)
- Optional: Aromatics (e.g., 1-2 smashed garlic cloves, 1 teaspoon black peppercorns,)
- 2 bay leaves, or fresh herbs like thyme or rosemary) Instructions:

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- 1) In a large bowl or container, dissolve the kosher salt (and sugar, if using) in the cold water. Stir until fully dissolved.
- 2) If adding aromatics, toss them into the solution for extra flavor.
- 3) Submerge the chicken breasts in the brine, ensuring they're fully covered. If needed, weigh them down with a plate.
- 4) Cover and refrigerate for 1-2 hours (don't exceed 4 hours to avoid overly salty chicken).
- 5) Remove the chicken, rinse thoroughly under cold water to remove excess salt, and pat dry with paper towels before seasoning and smoking.

Notes:

- Use a non-reactive container (glass, plastic, or stainless steel) for brining.
 - Adjust the brine ratio for larger quantities: 1 tablespoon kosher salt per cup of water.
 - Discard used brine; never reuse it.
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Dry brine solution for chicken breasts for sous vide and [smoking](#)

1. Sprinkle both sides with kosher salt (about ½ **teaspoon of Diamond Crystal kosher salt per pound**, or about ¼ **teaspoon of Morton's kosher salt per pound**).

The salt penetrates the meat, seasons it throughout, and helps the chicken retain moisture.

2. Add your favorite rub (without additional salt if possible).
3. Refrigerate uncovered for **2–8 hours** (overnight is fine).

4. Vacuum seal.

5. Sous vide.

6. Pat dry.

7. Smoke on the pellet grill.