

My favorite process for pellet-grilled chicken breasts

Use sous vide specifically to pair it with the pellet grill:

1. **Dry brine** for 2–8 hours.
 - a) Sprinkle both sides with kosher salt (about $\frac{1}{4}$ **teaspoon of Morton's kosher salt per pound**).
 - b) Add light coating of [rub](#) (without additional salt).
 - c) Refrigerate uncovered for **2–8 hours** (overnight is fine).
2. Vacuum seal with:
 - a teaspoon of olive oil
 - garlic
 - thyme or rosemary (optional)
3. Sous vide at **148°F for 1½–2 hours**.
4. Remove from the bag.
5. Save the juices—they make an excellent base for gravy or pan sauce.
6. Pat the chicken **very dry** with paper towels.
7. Apply a light coating of [BBQ sauce](#).
8. Smoke on the pellet grill at **375°F** for about **10–15 minutes**, just until the outside picks up some color and a touch of smoke.

Sous vide gives you perfect doneness, and the pellet grill adds the wood-fired flavor and texture that sous vide alone can't provide. It's one of the best ways to cook chicken breast because it combines the strengths of both methods.

Notes:

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- Dry brine in light salt, Traeger rub, and herbs in refrigerator for 6-hours
- Sous Vide 2 breasts 148° for 2-hours – (try 150°)
- Seal breasts individually, refrigerate the cooked breasts
- Smoked on the Traeger at 375° for 25-minutes until meat temperature was 143°. Check meat temperature after 15-minutes (turn the breasts at this time)