

COOK'S

ILLUSTRATED

GRILLED LIME CHICKEN WITH JALAPEÑO AND CORIANDER

Serves 6 to 8. Published May 1, 1998.

The 1 1/2-hour brining time is highly recommended, but not essential; skip it if you're in a hurry. It's fine to use chicken parts, such as eight leg/thighs, separated or not, or eight breast/ wings, separated at the joint connecting wing to breast. Grilling whole chickens is also an option, if you remove the backbones and butterfly each before brining. If flare-ups threaten to char the skin of the chicken, move the pieces temporarily to the cooler side of the grill. An equal amount of toasted and crushed cumin seeds may be substituted for the coriander seeds.

- 3/4** cup kosher salt or 1/2 cup table salt
- 2** whole chickens (about 3 1/2 pounds each), cut into legs, thighs, breasts, and wings; backs reserved for another use
- Ground black pepper
- 1/4** cup extra-virgin olive oil
- 4** large cloves garlic, minced and made into paste (see illustrations below)
- 2** teaspoons minced jalapeno pepper
- 1** cup lime juice
- 2** tablespoons minced fresh cilantro leaves
- 2** teaspoons coriander seeds (toasted and crushed)

INSTRUCTIONS

- 1.** 1. Dissolve salt in 2 quarts water in large bowl or two 1-gallon zipper-lock plastic bags. Add chicken parts (seal zipper-lock bags, if using), and refrigerate until fully seasoned, about 1 1/2 hours. Remove chicken from brine, rinse very well, dry thoroughly with paper towels, and season with pepper to taste.
- 2.** 2. Half an hour before cooking, ignite about 5 quarts hardwood charcoal or charcoal briquettes in a chimney and burn until completely covered with thin coating of light gray ash, 20 to 30 minutes. Dump out coals and following illustration 1 below, spread coals over 2/3 of grill bottom, leaving 1/3 with no coals; position grill rack over coals and heat for 10 minutes. Coals should be medium-hot (you can hold your hand 5 inches above the grill surface for 4 seconds).
- 3.** 3. Heat olive oil, garlic, and jalapeños in small saucepan over low heat until garlic starts to sizzle but not color, 1 to 2 minutes. Remove from heat; mix with lime juice in large, shallow, nonreactive 13-by-9-inch baking dish or similar pan; set aside. (Dry herbs and spices may be added at this point; fresh herbs should not be added until just before coating chicken.)
- 4.** 4. Place chicken skin side down on rack directly over hot coals; grill, pulling chicken over to empty side in case of flare-ups or if skin starts to char, and turning and moving pieces to ensure even cooking, until chicken is dark golden brown, 15 to 17 minutes for legs and wings and 18 to 20 minutes for thighs and breasts. When chicken pieces are well colored, place them in lime sauce and roll to coat completely, see illustration 2 below. Return pieces to side of grill with no coals; heat until lime sauce flavors meat, about 5 minutes longer, turning each piece and brushing with sauce once or twice more. Return chicken to pan and roll in lime sauce once more; serve warm or at room temperature.

STEP - BY - STEP

Creating the Garlic Paste



1. Once the garlic has been minced, sprinkle it lightly with salt.



2. Drag the flat side of a chef's knife over the garlic-salt mixture to form a paste.

STEP - BY - STEP

Grilling the Chicken



1. Once the coals are lit, create a two-level fire by moving the coals to one side of the grill bottom.



2. The final step is rolling the chicken in the sauce a second time.



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