



TRUE NORTH



EASY SMOKIN' BIRDS

SUGAR BRINE INGREDIENTS

1/2 cup coarse salt

1 quart water

1/2 cup white sugar

Combine ingredients, and let brine sit overnight in refrigerator to allow spices to “percolate” through brine.

OTHER INGREDIENTS

Poultry (Try with Chicken or Cornish Hens)

True North Wood Bits

INSTRUCTIONS

1. Place bird in sugar brine for 6 hours, making sure bird is completely immersed. Refrigerate during brining.
2. Rinse and dry bird inside and out. Split bird in half or prop open chest cavity with toothpicks.
3. Place in smoker for 2 - 3 hours, using 2 - 3 panfuls of woodchips of your favorite flavor.
4. Remove bird from smoker and finish cooking in the oven. Cover or wrap in foil to conserve moisture while cooking.

MY NOTES

