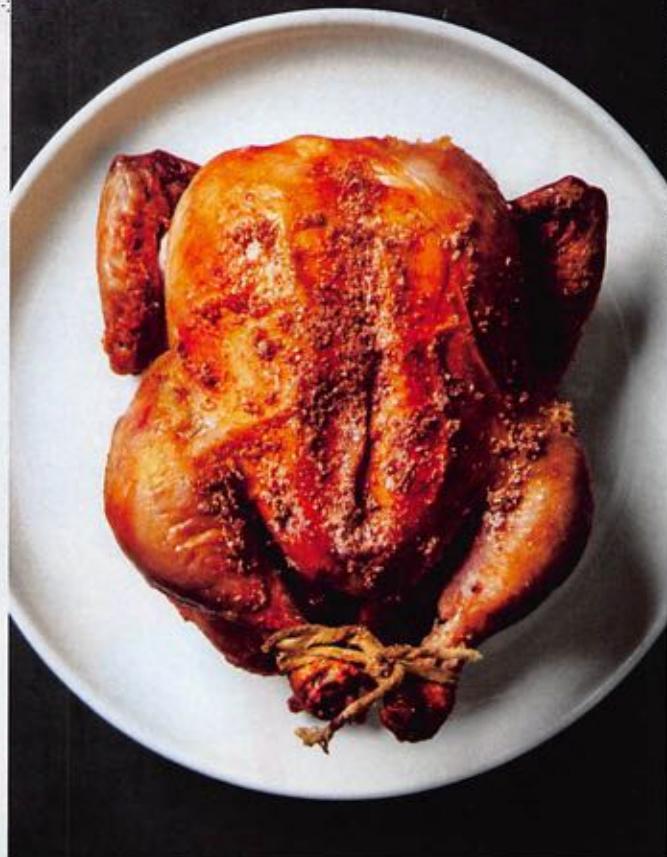


2

Do Not
Fear
the Salt

It takes more salt than you think to season your food like a pro. And no matter how exacting our test kitchen editors are about every aspect of a recipe, the one thing they can't do is come over to your house and season the dish for you. So how do you get the hang of seasoning with confidence? Practice, practice, practice. To get you started on the path to salting fearlessly, we came up with this here exercise. As a bonus, it results in dinner.



 **SALT BOOT
CAMP**
**FULLY SALTED
ROAST
CHICKEN**

One 3½-4-lb.
chicken
Kosher salt

1
Pat the chicken dry with paper towels. You want the salt to stick to the chicken but not dissolve on contact. A dry chicken will become a crisp chicken.

2
Measure out 2 Tbsp. (18 g) Diamond Crystal kosher salt. Grab a generous pinch—i.e., a scant $\frac{1}{2}$ tsp. (1.5 g)—and from at least 10" above the chicken, let the salt rain down over every surface and inside every nook and cranny of the cavity. Repeat with several more pinches of salt to cover entire bird inside and out. For a 4-lb. bird, we used the full 2 Tbsp.

3
Place chicken on a wire rack set inside a rimmed

baking sheet and chill uncovered at least 8 hours and up to 1 day. Leaving the chicken uncovered further dehydrates the skin as the salt draws out moisture.

4
Preheat oven to 425°. Let chicken come to room temperature (about 1 hour), then roast 40–55 minutes. Let rest 15 minutes before carving. Though it may have seemed like a lot of salt at the start, the result will be meat that's seasoned evenly and thoroughly—not excessively.

◀
This two-ingredient chicken relies on nothing but kosher salt—lots of it—to yield crisp skin and juicy meat.

“We need salt in our diet to function. We just need it to come from the right places. Salt from natural, unrefined sources—such as gray salt and pink salt—contains good amounts of the trace minerals we need for proper cellular function.”

MARISSA LIPPERT,
NUTRITIONIST

Chop whole preserved limes and add to a salad dressing, yogurt sauce, or anywhere else you want to add sourness and saltiness in one go.

**SALT CAN ALSO...
PRESERVE**

If you like lox, bacon, or anchovies, you should thank salt—and time. That's all that it takes to turn supermarket limes into this pleasantly salty-tart-funky pantry staple, the sibling of preserved lemons.

PRESERVED LIMES

Rinse 8 organic limes; pat dry. Cut off ends and upend on a cut side. Make 2 perpendicular slits lengthwise into fruit to form an X, cutting only three-fourths of the way down. Pack lots of kosher salt into slits and place limes into a 1-qt. jar, pressing to compact and release juices. Seal jar; let limes sit at room temperature 12 hours. Uncover and press firmly again to compact. Repeat once or twice daily until limes are softened and submerged in juices, 2–3 days. (If there is not enough juice to submerge limes after 3 days, add fresh lime juice to cover.) Chill 1 month before using.

Do ahead: Limes can be preserved 6 months ahead. Keep chilled.
Makes 1 quart

