

Roasted Chicken

- kosher salt, probably about 1/2 a cup
- whole fresh chicken
- 1/2 rose garlic, minced
- bunch of green onions, chopped
- yellow onions, quartered (celery works too)
- oranges, peeled and quartered (lemons work too)
- olive oil
- optional: potatoes, carrots, more yellow onions

Prepare a brine – 1 part kosher salt to 16 parts water. Soak the chicken in the brine overnight.

Rinse the chicken with cold water, then pat dry.

Remove the wing tips from the bird.

Carefully separate the skin from the flesh of the bird, forming a pocket between the skin and the meat. Stuff the pocket with the garlic and green onions, and massage into the bird.

Fill the bird's cavity with quartered onions and oranges.

Drizzle some olive oil over the outside of the bird's skin.

Place the bird breast side down on a lightly oiled roasting rack in a 9" x 13" baking pan.

If you want, you can quarter some potatoes and/or onions and/or chop some carrots big, and place them in the roasting pan around the bird, so they cook with it.

Preheat the oven to 450 degrees Fahrenheit to crisp the skin, and put the bird in. After 15 minutes flip over the bird. Baste the bird with some of the pan drippings, and cook for another 15 minutes. Reduce heat to 350, flip over the bird and baste it again.

Every 5 minutes or so, baste the chicken, and every 15 minutes or so, turn the chicken, until it is done. The chicken is done when a meat thermometer stuck deep into the thigh is at 180 degrees, or when the juices from the thigh when pricked with a fork run clear (as opposed to pink). Altogether, it will cook for another 60 to 120 minutes or so (about 30 minutes per pound total – including the half-hour the chicken was roasting at a higher temperature in order to crisp the skin).

Let stand for 3 to 5 minutes before carving, while getting everything else on the table. Then serve, with [rice](#) ^[1] or bread or roasted potatoes.

Serves: 6

Preparation time: 3 hours (start a day in advance)

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