

Slow Cooker Chicken

- whole fresh chicken
- salt
- black pepper
- paprika
- dried ground thyme leaves
- extra virgin olive oil
- honey
- fresh lemon juice
- root veggies (onion, leek, cabbage, celery, carrot, parsnip and/or potato)
- fresh aromatic herbs (basil, cilantro, parsley, rosemary and/or thyme)
- chicken stock ^[1]

Rinse the bird in cold water.

Trim off excess fat and remove the wing tips.

Rub salt, pepper and paprika inside and out. Generously sprinkle thyme over the bird.

Heat olive oil in a big pan.

Brown the chicken on all sides in the olive oil.

Baste the chicken with honey, with the chicken still in the pan.

Deglaze the pan with fresh lemon juice.

Remove the chicken.

Wash and coarsely chop your sturdy vegetables, with aromatic herbs. Place enough that they cover the bottom of the slow cooker. Your vegetables will act as an organic roasting pan that also adds some aroma and flavor.

Pour chicken stock into the bottom of the slow cooker, but below the level that the vegetables stick up.

Place the bird on top of the vegetables, and turn on the slow cooker.

You will cook at low for a minimum of 10 hours, but at least 3-1/2 hours per pound. If you need to speed up the cooking time, you can shave half an hour off of the total time for each hour that the chicken cooks at high. If adding some period at high temperature, try to add the high temperature stage to the start of the cooking time.

Plate and carve.

Serves: 3 to 6

Preparation time: ~7 to 14 hours

- Subscriptions (1)

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