

Basic Roast Chicken

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 1 hour 15 minutes

Step 1: Preparing the Chicken

- 1 whole fryer chicken (approximately 3 1/2 lb)
- grapeseed oil or room-temperature butter (to coat)
- sea salt (to taste)
- freshly ground black pepper (to taste)

To prepare the chicken for roasting, first preheat your oven to 400° F (205° C).

Pat the chicken dry with paper towels.

Note: If you are short on roasting time, you can butterfly the chicken. This will cut the cooking time down by about 15 minutes or so.

Lightly coat the entire surface of the chicken with oil or room-temperature butter. Next, liberally season the chicken inside and out with salt and pepper. Truss the chicken, if desired. Place the chicken breast-side up into a suitable-sized, heavy-bottomed roasting pan or fry pan.

Step 2: Roasting the Chicken

Place the chicken onto the middle rack in the oven and roast for approximately 30 minutes.

After 30 minutes, check the chicken and turn, if necessary, to obtain even color. Baste the chicken with the rendered fat.

Continue to roast the chicken for 15 to 30 minutes before testing for doneness. A thermometer, when inserted into the thickest part of the thigh, should reach 165° F (or 74° C). If not, continue to cook until it reaches this temperature.

Step 3: Resting, Carving and Serving the Chicken

Once done, remove the chicken from the pan and place onto a rack. Cover with a vented piece of foil and let rest for 10 to 15 minutes.

Skim off the excess fat from the pan. Once the chicken has rested, carve and return it to the pan to soak up the remaining juices. Serve family style.