

## Whole Roasted Chicken



### Ingredients

- 1 whole chicken
- 1 pound of onions
- ½ pound of celery
- ½ pound of carrots
- Garlic and any herbs as desired

### Method

Selecting the pan: Use a pan deep enough to hold the bird and the veggies under t with a small amount of liquid.

Cut 1 pound of onions, ½ pound of celery and carrots each and place this in the bottom of the roasting pan. Add garlic and any herbs as desired.

Clean and truss the bird for even cooking. Roast at 350°F until the thigh and leg meat register 165°F. Time will vary depending upon the size of your bird.

Make a compound butter - Combine soft butter with herbs and other seasonings to use just under the skin if desired.

Inside the bird take out the bag of guts and the neck. Pu in a chopped orange herbs and garlic.

Treating the skin for crispy skin: Oil and add paprika to your seasoning

Allow the skin to dry before roasting if possible.

Allow the bird to rest for at least 20 minutes or more before carving once the bird is fully cooked.

### Spatch-cooked Roasting

How to prep

Using poultry shears, cut out the backbone of the bird. Lay the bird flat on a cutting board and press down on the breast bone to flatten.

What pan to use: Use a parchment lined sheet pan to roast in the oven or put the bird on the grill with offset heat.

Difference between whole & Spatch-cooked is a Spatch-cooked bird will roast faster.

Remove birds from oven – allow to rest at least 20 minutes before carving.