



## SIMPLE ROAST CHICKEN

**(no trussing, no basting; just rotating)**

From: *The New Best Recipe* by the Editors of Cook's Illustrated

(A 3 ½ pound bird should roast in 55-60 minutes; a 4 pounder should roast in 60-65 minutes.)

### INGREDIENTS:

1 thawed chicken 3 ½ - 4 pounds, rinsed and patted dry\*\*

2 Tablespoons butter, melted

Salt and fresh ground black pepper

Vegetable/olive oil for roasting rack

Equipment: V-rack and roasting pan, instant read thermometer

1. Place shallow roasting pan in the oven and heat the oven to 375 degrees F. Brush chicken with the butter and sprinkle liberally with salt and pepper to taste. Oil the v-rack.
2. Remove the heated pan from the oven and set the oiled V-rack in it. Place the chicken on the rack, wing-side up. Roast 15 minutes. Rotate the chicken so that the other wing wide is up. Roast 15 minutes then rotate the chicken, breast-side up.
3. Turn the oven up to 450 degrees F. Roast until breast meat registers 160 degrees and the thigh registers 165-170, 20 to 25 minutes longer. Transfer chicken to a cutting board; let rest 10 minutes. Carve and serve!

**Variation:** You can up the flavor ante very easily with herbs, garlic and lemon. Mash 2 additional tablespoons of softened butter with minced fresh herbs (such as rosemary and thyme) and garlic with a fork. Now, push your fingers under the skin around the breast meat and thigh meat; it isn't attached. Mash some of the butter mixture under the skin in all those places along with some thin lemon slices. Toss any remaining lemon cut into wedges and herb sprigs into the cavity of the bird and continue with the roasting recipe.

*\*\*If you have time, brining enhances the flavor and moisture retention of the meat.\*\**

*\*\*If your chicken is frozen and you want to cook it tonight, use a HOT water brine to thaw it fast!\*\**

## SIMPLE BRINING (OR BRINE THAW)

1. Dissolve ½ cup Kosher Salt in 2 quarts warm water in a large vessel that will fit the chicken. (You can also use a large, sturdy Ziploc bag supported inside a roasting pan.)
2. Take the plastic package off chicken and immerse it in the brine. Be sure that the cavity gets filled with liquid. Add enough water to just cover it. Leave in brine for at least 1 hour if it is already thawed or 3-4 hours if you are using the brine to thaw the meat. When brine thawing, you can start with hot water, and be sure that you work the brine into the cavity as the chicken starts to thaw...this speeds things up.
3. Remove the chicken from the brine, rinse and pat dry with paper towels. Let air dry uncovered while preheating your oven. Proceed with the above roasting recipe.