

Roasted Lemon Chicken

This is the PERFECT roasted chicken. There are a few things that you should know when making this chicken. The oven should be hot- 450 degrees, ideally, and at least 425 degrees. This browns the skin and cooks the thigh and leg.

Don't be afraid of the amount of salt. Generously spread it over the chicken. It will be delicious.



Recipe serves	
	4

Ingredient	Amount
Chicken (3 to 4lb)	8 oz
Kosher Salt	1-2 cup
Lemons	2 ----
Optional: Garlic, herbs or onion	----

Directions

1. About 1 hour before cooking the chicken, remove it from the refrigerator, and rinse it.
2. If you intend to make a pan sauce, cut off the wing tips and add them, along with the neck if you have it, to the pan in which you will roast the bird.
3. Preheat the oven to 450 degrees or to 425 degrees, if you're concerned about smoke. Set the oven on convection if that's an option.
4. Stuff the cavity of chicken with lemon, herbs, garlic or onions and set chicken in roasting pan.
5. Truss chicken. Tie the legs of the chicken together.
6. Generously coat chicken with kosher salt. Don't be shy. Give a good coat to seal in the juices.
7. Roast for 1 hour at 450 degrees for 4-pound bird (50 minutes for a bird under that). But as a rule of thumb, you should use the cavity juices to judge doneness. After 45 minutes, if you tilt the bird so that the juices spill, you will notice that they are red. When you tilt the chicken and the juices that stream out are clear, it's safe to take the bird out of the oven.
8. Let the chicken rest for 15 minutes before you cut into it. Don't worry about the chicken getting cold; it won't.
9. Carve the chicken and serve.



TheWholesomeBeet.com