

Perfectly Roasted Chicken from Paige Jackson

This recipe is pretty basic and you can adjust based on what seasonings you'd like to use.

INGREDIENTS:

1 4-5lb Whole Chicken

½ c Salt

Enough water to submerge the chicken fully

½ c. rendered lard (or butter)

Salt, Pepper & Garlic Powder to taste

METHOD:

1. Dissolve salt in warmed water and allow water to cool
2. Submerge Chicken in the salt water for 12-18 hours (don't exceed 24 hours)
3. Remove the chicken and pat dry
4. Preheat oven to 350F
5. If you want, spatchcock the chicken first: cut along either side of the spine and remove. Flip the chicken over and press down on the breast bone until you hear it crack and it flattens.
6. Make sure your rendered lard or butter is melted but not hot – spread the fat all over the chicken, especially on the skin side
7. Sprinkle with salt, pepper and garlic powder (or other herbs of choice)
8. Lay out the chicken on a clay dish or roasting pan and roast for about 1 hour (temp should be 160F in breast meat)
9. Optional: You can put cut vegetables underneath or around the chicken to cook at the same time.