



Perfectly Roasted Whole Chicken

When the quarantine started my refrigerator and freezer was mainly bare. I had been traveling out of the state. Upon returning I went to the grocery store to find our meat counter just as bare. In fact, only whole chickens and full slabs of baby back ribs. So, I took the limit (2). I figured that many did not know how to cook an entire chicken, but they knew how to purchase one completely cooked. Here is my version. After you get all of the meat off of the bones, take the carcass and place it into a large pot, covering completely with a minced onion, a few carrots, diced and three diced celery ribs, bring to a boil, then a low simmer for 1 hour. Let cool and drain off any fat. Now you have stock.

Serves 4 to 6

Preheat oven to 450°F

Medium roasting pan.

3 - 4 lb	roasting chicken
1-1/2 tbsp	salad oil, olive oil or melted butter
1 tsp	sea salt
1 tsp	ground black pepper
1/2 tsp	dried oregano
1 tsp	dried basil
1 tsp	paprika

1. Take the chicken out of the packaging and wash with cool water. Also, remove any chicken parts that maybe in the center of the bird wrapped in paper (the neck, gizzards etc.)
2. Dry with paper toweling.
3. Rub entire bird with the oil. Set in roasting pan.
4. In a small bowl, combine salt, pepper, oregano, basil and paprika. Sprinkle evenly over the chicken.
5. Place the chicken into the reheated oven for 20 minutes. Lower the temperature to 400°F. Continue baking for 40-50 minutes, or until golden brown and juices run clear when you pierce the thighs.
6. Let the chicken rest for 10 minutes before carving and serving.