# roasted chicken

## Family Chef: Mary-Ellen McMahon

### Original Recipe Inspiration: The Moms’ Guide to Meal Makeovers by Janice Newell Bissex and Liz Weiss

#### Ingredients:

* 1 ½ tbsp olive oil (I use 100% olive oil or Grape Seed oil, not EVOO)
* Zest of 1 lemon (optional, but a really nice add)
* 1 tsp dried basil
* 1 tsp dried rosemary
* 1 tsp kosher salt
* 1 or 2 cloves of garlic, minced
* One 4 to 5 lb chicken (My favorite is Bell and Evans because there is no added water. You will taste the difference.)
* Salt and pepper

#### Instructions:

1. Set the oven to 350°
2. The Prep
	1. Mix the spices, oil and garlic together in a small Pyrex prep bowl before handling the chicken.
	2. Mix a generous pinch of kosher salt and about an equal amount of fresh ground black pepper in a separate prep bowl.
	3. Cut a piece of kitchen twine for tying the drumsticks together.
	4. Get out a half sheet pan for roasting the chicken.
	5. Get a cutting board that fits in the dishwasher.
	6. Get out an instant read meat thermometer.
	7. Label a small Ziplock bag “Chicken Giblets” and put the date on it.
	8. Remove the giblets from the chicken, put them in the Ziplock bag and store them in the freezer.
3. The gross part
	1. Place the chicken on the cutting board. Loosen the skin from the chicken breast and drumsticks by inserting your fingers and gently pushing between the skin and meat.
	2. Rub the seasoning mixture under the loosened chicken skin. Sprinkle the chicken with salt and pepper.
	3. Place the chicken, breast side up, on the sheet pan. Tie the legs together (optional, but I think it keeps the meat moist and helps the whole bird cook evenly).
4. Cook the chicken
	1. Insert an instant read meat thermometer in the breast and set it to 165°.
	2. Bake until the chicken turns golden brown and reaches about 165°. It will take about an hour to an hour and 20 minutes.
5. Afterwards
	1. Scrape up the brown bits and grease (“drippings”) from the pan. You can use this to make gravy. I throw it another Ziplock bag an add to my chicken stock.
	2. Put the carcass in a gallon size Ziplock bag labelled “Chicken Carcass” with the date. I usually put both the carcass and the giblets in the same bag.

**Notes**

1. This has been my go-to recipe for years and I’ve tweaked it along the way.
2. The added prep steps walk you through getting everything you’ll need set up before you touch the raw chicken. This helps to avoid having to wash hands multiple times while getting the bird ready for the oven.
3. I’ve also added steps to preserve the carcass and giblets so you can make chicken bone broth. See the recipe on page x.
4. For the tastiest chicken that literally tastes like the rotisserie chickens you buy at the store, do all the prep steps all the way through the gross part in the morning before work. When you come home take the chicken out of the fridge and let it come to room temperature for about 30 minutes. Then cook it.