



Simple Whole Roast Chicken



Makes 4-8 servings
depending on chicken size



This recipe requires very little effort and produces a succulent bird with crispy skin!

Always start with thawed chicken. Thaw in the fridge for 2½-4 days, or thaw on counter for 4-6 hours by submerging in cold tap water and changing water every 30 minutes.

Leftovers are great re-heated, or used in salad.

What to do with the extras:

When the chicken is done, drain the fat (schmaltz) and store it in the fridge or freezer. It makes amazing sautéed or roasted veggies.

Save the carcass to make a nourishing broth — perfect for immune support and as a flavorful base for your favorite soup recipe.

PREPARATION

- Sprinkle all over with 1 tablespoon vinegar and generous amount of salt (1-1.5 teaspoons) and pepper. Our pastured chicken is delicious as is. But if you have thyme, rosemary, or a favorite seasoning blend, you can sprinkle with those as well.
- Refrigerate for 4-8 hours while the vinegar and salt go to work to make the chicken extra tender and juicy.
- Pat the chicken dry and place on a roasting pan, or on a rack on top of a cookie sheet or large baking dish — anything that will provide good air flow. Position with legs up, and tuck the wings underneath, pointing toward one another.
- Set oven to 425° F and let chicken sit out at room temperature 20-30 minutes while it preheats.
- Dot chicken with a few slender pats of butter.
- Roast at 425° F on middle oven rack for about 50-75 minutes, depending on size. (Time varies by oven. Roughly 50 minutes for a 2-3lb bird; 1 hour for 4lbs; 1hr 15 minutes for 5lbs.) For best results, don't overcook. The chicken is done when skin has crisped and a thermometer inserted into the innermost part of the thigh reaches 165°.
- Let rest 15 minutes, then serve.

Recipe courtesy ThisIsWhatFoodLooksLike.com, adapted for and tested with Acorn Acres Farm ingredients.

