

## Roast Chicken – Unhealthy Version

This crispy buttery chicken is a thing of beauty, just don't tell your arteries what's in it.

**Oven: 230C (450F), then 190C (375F)**

### Ingredients:

Whole Chicken

125gr (1/2 cup) Butter (room temp so it's softer)

2 Tbsp Steak Rub (or your favourite seasoning, SPG is also great on this)

### Method:

1. Note down the weight of your chicken (I snap a photo of the label on my phone) and preheat oven.
2. Rinse the chicken (I like to rinse my cuts of meat before cooking. I think it makes it taste better, but it's up to you). Pat the chicken dry with a paper towel.
3. Mix the butter and the Steak Rub (or whatever seasoning you are using) together.
4. Grab 1/3 to 1/2 of the butter mixture and gently work your hand under the breast skin, rubbing butter onto the meat (I prefer to start near the pelvis). Be careful not to break the skin.
5. Take the remaining butter mixture and rub it all over the chicken.
6. Place the chicken on a wire rack in a roasting pan (I just put it in a pan).
7. Bake/roast at 230C (450°F) for 15min. Do **NOT** open the oven during this time.
8. Reduce the oven temp to 190C (375F) and cook for a further 44min per kg (or 20min per pound).

### Notes:

- You want your skin as dry as possible before putting on the butter. Dry skin makes for crispy skin after cooking
- Putting butter under the skin, directly onto the breast meat makes it super juicy
- Make sure to tuck your wings under so they don't burn.