

# Instant Pot Whole Roasted Chicken

Miro Cellars 2024 Reserve Pinot Noir · Anderson Ross Vineyard · Russian River Valley

WildPastures, Pasture-Raised Whole Chicken · Antibiotic-Free · No Added Hormones · USA Family Farms



Serves 4-5	Prep 20 min	IP Cook 25-30 min	Oven Finish 15-20 min	Total ~70 min	Chicken ~\$9-11/lb*	Wine ~\$40†
---------------	----------------	----------------------	--------------------------	------------------	------------------------	----------------

\* Wild Pastures member pricing delivered. ~\$12/lb one-time. † Miro Cellars direct — 310 cases only. [mirocellars.com](http://mirocellars.com)

- THE BIRD** 1 whole Wild Pastures pasture-raised chicken, 4-5 lbs
- CAVITY** 1 lemon (halved) · 1 garlic head (halved crosswise) · 4 thyme + 2 rosemary sprigs
- DRY RUB** 1½ tsp kosher salt · 1 tsp black pepper · 1 tsp smoked paprika · ½ tsp garlic powder · ½ tsp onion powder · ¼ tsp cayenne
- FAT** 2 tbsp softened butter, worked under skin + brushed over
- IP LIQUID** 1 cup low-sodium chicken broth + ½ cup dry white wine (or water)
- OPTIONAL** 2 carrots + 2 celery stalks rough-chopped (pot aromatics)

**Miro 2024 Reserve Pinot Noir**  
Anderson Ross Vineyard · Clone 115 · 14.2% ABV  
Russian River Valley, Sonoma County · 310 cases · ~\$40

**Why it works:** Russian River Pinot delivers cherry, cranberry, and rose petal aromatics with silky tannins and bright acidity — a textbook companion to roasted poultry. Oak-derived vanilla echoes the herb rub; the acidity cuts through butter-basted skin. Decant 30 min, serve at 60-65°F.

## KEY EQUIPMENT

- Instant Pot (6-qt or 8-qt) with trivet rack
- Air fryer lid for IP — OR oven at 425°F for crisping
- Digital instant-read meat thermometer
- Pastry brush for basting
- Sharp carving knife + cutting board

*Trivet keeps bird above liquid — even pressure cooking, concentrated drippings.*



## NUTRITION (per serving, ~6 oz skin-on cooked)

Macro	Grams	Calories	% Cal
Protein	~42 g	~168 kcal	~35%
Total Fat	~28 g	~252 kcal	~52%
Sat. Fat	~8 g	~72 kcal	~15%
Carbs	~1 g	~4 kcal	~1%
<b>TOTAL</b>	—	<b>~424 kcal</b>	<b>100%</b>

Nutrient	Amount	%DV
Cholesterol	~170 mg	57%
Selenium	~34 mcg	62%
Niacin B3	~14 mg	88%
Vitamin B12	~0.5 mcg	21%
Zinc	~3 mg	27%
Phosphorus	~280 mg	22%
Iron	~2 mg	11%
Potassium	~420 mg	9%

*Skin-on, ~150 g serving. Remove skin to cut fat ~35%, calories to ~280.*

## METHOD

<b>1 PAT DRY + SEASON</b>	Remove giblets. Pat bird completely dry — moisture kills crispy skin. Mix dry rub. Work softened butter under breast skin, coat outside with rub. Stuff cavity with lemon, garlic, herbs. Truss lightly (optional).
<b>2 PRESSURE COOK</b>	Add broth + wine to Instant Pot. Place trivet inside, set chicken breast-UP on trivet. Seal lid — HIGH pressure for 6 min/lb (e.g., 28 min for a 4.65 lb bird). Natural release 15 min, then quick-release remaining.
<b>3 CRISP THE SKIN</b>	Transfer to rack on sheet pan. Brush with drippings or melted butter. Roast 425°F for 15-20 min until deep golden. Thigh reads 165°F. Or use IP Air Fryer Lid at 400°F for 12-15 min.



# Instant Pot Whole Roasted Chicken

Miro Cellars 2024 Reserve Pinot Noir · Anderson Ross Vineyard · Russian River Valley

WildPastures Pasture-Raised Whole Chicken · Antibiotic-Free · No Added Hormones · USA Family Farms



## 4 REST + JUS

Rest uncovered 10 min — non-negotiable. Strain IP liquid, defat, reduce by half on stovetop with a knob of butter for an effortless jus.

## 5 CARVE + POUR

Carve. Decant Miro Pinot 30 min before serving, serve at 60–65°F. The acidity lifts the richness; the cherry fruit echoes the herb-roasted skin.

### WHY PASTURE-RAISED?

Higher omega-3s, more vitamin E, richer flavor. Wild Pastures birds non-GMO, antibiotic-free, USA family farms.

### SAVE THE IP LIQUID

Strain, defat, reduce, freeze in ice cubes. Instant stock for any future recipe — deeply flavorful.

### WINE TEMP MATTERS

60–65°F is the zone. Too warm = flabby. Too cold = closed. 20-min chill from room temp does it.

### MWIN COST NOTE

Wild Pastures ~\$9–11/lb delivered beats Whole Foods by 20–40%. Miro's 310-case run = boutique value.

