

Classic Oven-Roasted Chicken



A well-roasted chicken should be a staple of any chef's repertoire; with chicken you're basically buying the breasts and the rest of the bird gets thrown in for free. A two-pound bird will feed a family of four with leftovers for making soup and stock, so this recipe is a gift that will keep on giving.

Ingredients:

- 1 whole chicken
- 1 T butter per pound of chicken
- 2 t salt
- 1 T paprika
- Dash cayenne or other heat (Sriracha, etc)
- 2 lbs of potatoes
- 1 large onion

Directions:

Pre-heat oven to 450. Remove chicken from packaging, drain any liquid and pat chicken dry inside and out with paper towels. Melt butter and mix salt and spices into the butter. Peel and cube potatoes as desired (I like to leave a around half of the potato skins on) and quarter the onion. Layer veggies in the bottom of a Dutch Oven or other baking dish. Rub butter and spice mixture on all sides of the chicken and place on top of veggies breast side up. Roast uncovered at 450 for ½ hour, then cover (with lid of Dutch Oven or with tin foil if using another kind of dish), reduce heat to 400 and bake for another hour. Remove chicken from baking dish and allow to rest on cutting board for at least ten minutes before carving. Serve with the roasted potatoes and a side of steamed broccoli.

Pro-tip: your chicken will be better to work with and cook more reliably if it has warmed to room temperature before going in the oven, so take it out of the fridge at least an hour before you plan to cook... if the chicken is too cold the butter congeals when the bird gets its butter rub.

Extra Credit: Chicken Stock!

Directions: conserve all liquid; return all chicken skin, bones, and any veggies left over from dinner to Dutch Oven or soup pot. Add two quarts of water, a raw carrot or two and bring to a low boil. Simmer for hours... strain and save to boost your next soup or rice.