

Roast Chicken

A simple, easy, and delectable Sunday dinner treat.

Tools

Roasting pan with rack

Big fork

Basting brush (or clean, unused natural bristle paintbrush from the toolshed)

Instant read meat thermometer

Fat/stock separator

Culinary trussing string (optional)

Ingredients

1 tablespoon any flavor Hey Bubba salt that strikes your fancy

1 tablespoon Herbes de Bubba or Herbes de Bubba Salt Rub

1 teaspoon freshly ground black pepper

1 tablespoon extra virgin olive oil

Roasting hen (about six pounds)

1 tablespoon white wine (optional, if making jus)

1 teaspoon white all purpose flour (optional, if making jus)

Method

A. Bird

Remove fully thawed bird from refrigerator within an hour of when you plan to start roasting it. If it comes with liver, neck, gizzard, etc., reserve them in refrigerator.

Drain cavity and dry bird with clean paper towels.

Place bird on rack in roasting pan.

Drizzle bird with olive oil and massage gently until evenly covered.

Sprinkle Hey Bubba salt and Herbes de Bubba or Herbes de Bubba Salt Rub and freshly ground black pepper evenly over outside of bird and in cavity.

Turn on oven to preheat at 375 about 15 minutes before you plan to start roasting bird.

Position bird in roasting pan rack so one leg is down and one leg is up.

Position oven rack so the center of the bird is in the center of the oven.

Cook about 45 minutes, then stick large fork in cavity and carefully rotate bird 180 degrees so the leg that was on the bottom is now on the top.

Baste with pan juices and return to oven

Cook another 45 minutes or so.

Check internal temperature with instant read thermometer in thickest part of thighs.

When internal temperature reaches 160, turn off oven and remove bird from oven to stovetop.

Stick large fork in cavity and carefully rotate bird 90 degrees so breast is down and legs are at sides.

Let bird rest and cool for at least 30 minutes.

After about 30 minutes (or when cool enough to handle), pull meat from carcass and serve. Reserve carcass for making stock.

Hey Bubba™ Brand Gourmet Culinary Products

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B. Jus

If your chicken releases juices and forms dark crunchy bits in the roasting pan, try making this rustic and flavorful accompaniment.

Pour roasting pan juices into fat/stock separator and let sit for a couple of minutes. Return stock and a little bit of the fat to the roasting pan and add white wine (optional). If there isn't enough stock to cover the bottom of the roasting pan, add stock from your pantry or water to cover roasting pan bottom about ¼" deep

Warm roasting pan over low heat on stovetop burner(s) until small bubbles start breaking sporadically.

Add flour (optional)

Stir and scrape browned bits from bottom of pan until they combine into a coarse mixture, about 5-10 minutes.

Serve over chicken with Hey Bubba smoked salt to taste.

Comments

Choose your chicken wisely. The flavor of an organic free range heritage breed chicken raised on a natural vegetarian diet is exquisite. France's Poulet de Bresse (also known as "blue foot chicken") is perhaps the most renowned. But it is expensive and not widely available in the U.S. Your local specialty food store and eggmonger are likely to know a good source of tasty chickens.

If, as Julia Child observed, you take offense to the wanton appearance of birds with spread legs, truss them (and the wings) with culinary string before oiling the bird.

For a more strongly flavored bird, season it the day before you plan to roast, and consider massaging some Herbes de Bubba between the breast and skin. Cover and refrigerate until you are ready to roast.

Roasting the bird on its side is a technique to concentrate heat on the thighs, the slowest cooking part, in order to preserve the delicate consistency of the breast meat. If you prefer, roast the bird breast-up, but be certain to baste a few times with pan juices. As with the side-roasting technique, rest the bird breast-down while it cools to promote juice redistribution by gravity. Experiment and choose the method that works best for you.

This recipe is written for an oven, which most of us have. Each oven (and bird) is different, so you should be prepared to adjust cooking times to achieve your desired amount of doneness. We prefer the drier heat of electric ovens for roasting. It browns the bird better, and does not bathe the food in gas combustion byproducts. A charcoal grill or wood-fired barbecue pit is even better.

Roast chicken is best when prepared on a rotisserie. The rotisserie's continuous rotation self-bastes the bird and promotes even cooking. If you use a rotisserie, place a small roasting pan beneath the bird to catch the drippings for jus. Roast chicken prepared on a rotisserie above a charcoal or wood fire is sublime.

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We suggest that you pull all of the meat from the carcass and serve pieces rather than carve at the table so you can start cooking the carcass into stock immediately.

This recipe should also work well for turkey, cornish game hens, duck, and pheasant if you adjust the cooking times and ingredient proportions accordingly.

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