A Man's Cookbook for "THE HERD" By Robert Sturm

Spiced Roast Chicken

Ingredients:

1 each 3 - 4 lb. Whole Chicken

3 TB. Gun Powder Seasoning (or Cajun spice,

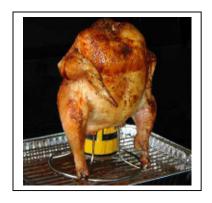
all purpose seasoning or chili seasoning. Pick one you like)

3 oz Pure Olive Oil

1 12 ounce beer (optional)

Directions

Preheat oven to 400F. Remove all interior parts from chicken. Rinse chicken well inside and out. Pat dry with paper towel. Blend oil and spice till smooth. Rub spice oil all over chicken including the inside cavity. Place chicken on roasting spit or beer can. Place spit on oven pan. Place in oven. Roast for 45 minutes to 1 hour depending on the size of the chicken and how accurate the oven is for temperature. Temperature of chicken should be 180F when tested in between the thigh and the carcass. Let rest 10 minutes before serving.









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