



Noreen's Kitchen

Budget Buster Bulk Cooking

Basic Roast Chicken

Ingredients

2 roasting chickens 5 to 7 pounds each	1 tablespoon salt
1 tablespoon onion powder	1 tablespoon cracked black pepper
1 tablespoon garlic powder	2 tablespoons olive oil
1 tablespoon poultry seasoning	

Step by Step Instructions

Preheat oven to 400 degrees.

Wash and rinse the chickens inside and out.

In order to roast more evenly and quickly spatchcocking is the way to go. To spatchcock the chickens, lay them breast side down on the cutting board and using kitchen shears, cut down one side of the back bone then down the other, removing it.

Flip the chicken over on the cutting board and press firmly with the heel of your hand to crack the breastbone. If the bone is being stubborn, you can use a very sharp carving knife and cut the cartilage away from the breast bone on the inside of the bird. Sometimes this is easier.

Lay the chicken breast side up on a baking sheet lined with aluminum foil

Mix the seasoning together in a small dish then sprinkle liberally on the skin of both chickens. Spread evenly and liberally. You can use your favorite chicken seasoning if you prefer.

Roast chicken for 20 minutes at 400 degrees. This will set the skin and make it crispy.

After 20 minutes turn the oven temperature down to 350 and continue roasting for an additional 40 minutes or until a meat thermometer registers at least 160 degrees when placed in the thickest part of the thigh without touching the bone.

When the chicken is at the proper temperature, remove from oven and allow to rest for at least 20 minutes before carving into pieces and serving.

Leftovers can be stored in an airtight container or zip top bag in the refrigerator for up to one week or in the freezer for up to three months.