

Roasted Chicken

If your friends make fun of you for roasting a chicken, invite them over...while you sit and enjoy your succulent chicken in front of them!

- Servings 5 to 6
- Prep time - 10 minutes
- Cook time - about 90 minutes

Ingredients

- 5 pound whole chicken
- 1 stalk celery cut into 3 or 4 pieces
- 1/2 stick of unsalted butter, cut into tablespoon slices
- Salt and pepper

Protocol

1. Over an empty sink, remove chicken from the plastic and take out the bag of giblets in the cavity.
2. Wash thoroughly, inside and outside, with cold water and pat extremely dry with paper towels (inside and out).
3. Move chicken onto a baking or large plate, make room in your fridge away from other foods, and let dry in the fridge for another 30 minutes.
4. Preheat the oven to 425°F.
5. Remove the chicken and pat dry once more. Season liberally with salt and pepper all over the chicken (inside and out).
6. In the bird, stuff the celery and butter.
7. If you like, you can truss the bird if it is bigger than 5 pounds.
8. Place the chicken breast up on the roasting rack in the pan. If you like you can chop up some vegetables and place under the rack to cook (line the pan with aluminum foil sprayed with non-stick spray if you are going to do this).
9. Cook the bird for about 15 minutes per pound plus an additional 10 minutes (5 pounds equals 85 minutes of cooking). To be on the safe side, the internal temperature should be 170°F.
10. If you have a baster, suck up the juices and squirt all over the chicken. Do this every 20 minutes.

11. Once finished, remove the bird from the rack, cover with aluminum foil, and let rest for 15 minutes. This will allow the important juices to be redistributed throughout the bird.

12. Carve the chicken and enjoy!