



## Ingredients

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- About 2 Tbsp salt (non-iodized)
- About 1 Tbsp ground black pepper
- 1 whole pasture-raised chicken

## Supplies

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- Mixing bowl
- Roasting pan
- Oven-safe cooling rack (optional)
- Meat thermometer (required)**

## Dry-brine instructions (optional but highly preferred)

*Brine at least 4 hours before mealtime*

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1. Take the chicken out of the fridge and pat dry with paper towels. Place in a large mixing bowl.
2. Sprinkle the salt and pepper on all sides of the skin.
3. Refrigerate 3-8 hours.

## Roast instructions

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1. Preheat the oven to 425°F.
2. Set the chicken on a roasting pan.
  - a. If possible, place the chicken on an oven-safe cooling/roasting rack, on top of the roasting pan, as seen below. This will help the bottom skin get crispy. If this isn't possible, simply place the chicken directly on the glass or metal roasting pan.



*Place a cooling rack on top of a glass or metal roasting pan*

3. Put the chicken in the oven on the middle rack.
  - a. It's tempting to add veggies in with the chicken but avoid this if possible. These items prevent the skin from getting crispy. Put them in a separate pan next to the chicken.
4. After 45 minutes, use a meat thermometer to check the temperature in the thickest part of the **thigh**. We want this to reach 170°F. (This goes against many online recipes which say "165°F", but they're assuming we're using weak, soggy, grocery store chicken. Using 170°F will ensure the legs finish cooking properly and are tender.)
  - a. Depending on many factors, including the size of the chicken, it will need to roast for 45 minutes to 1.5 hours.
  - b. If the chicken is not done, check the temperature in 10-minute increments thereafter.
  - c. **For the sake of comparison, a 4 lbs. bird takes roughly one hour to cook.**
5. When the thigh has reached temperature, check the temperature of the breast. Assuming this is at least 165°F then the chicken is done.
6. Remove the chicken from the oven and cover with foil. Let it sit for 20 minutes before serving. Don't worry it will still be piping hot.
7. Carve, serve, and enjoy!