



## Simple Roast Chicken

I make a roast chicken almost every week. It provides the protein for 2 delicious meals and then you get to use the bones for healing [bone broth](#).

4 servings

One 2- to 3-pound farm-raised chicken  
Celtic sea salt and freshly ground black pepper  
Fresh thyme (optional)  
Fresh rosemary (optional)  
2 cloves garlic peeled and thickly sliced (optional)

- Preheat the oven to 400°F. Rinse the chicken, then dry it very well with paper towels, inside and out. The less it steams, the drier the heat, the better.
- Salt and pepper the cavity.
- Salt the outside of the chicken with about 1 tsp salt and ¼ tsp fresh ground black pepper.
- Gently loosen the skin and slide thick slices of peeled garlic cloves and sprigs of fresh herbs under the skin. Keep sliding them under the skin until they are situated over the breasts and thighs. If you don't have fresh herbs you can use dried.
- It is good to take the chicken out of the refrigerator for an hour before cooking. If the bird is cold it won't roast evenly; the outside will be done but the inside will wind up underdone.
- Roast chicken in a pan that's about the same size as the chicken so the juices that accumulate while the chicken is roasting don't burn.
- Lightly oil your dish. Put chicken in the pan breast side up and roast for 20 minutes.
- Turn chicken breast side down to help it cook evenly. Cook 20 minutes.

- Turn chick breast side up again and roast until done.
- A 3 ½ lb chicken will be done in about an hour. Check after 50 minutes. Use an instant read thermometer to check, the thighs should be 165 °F.
- Let the chicken rest for 10 minutes to let the juices settle. This will give you a much more succulent chicken.
- Skin the fat from the pan and use the pan drippings as a light sauce.

A few more things...

- Stuff the cavity of the chicken with a lemon and/or onion which will flavor the bird
- Stuff the cavity with herbs to perfume the meat as the chicken roasts
- For a spicy chicken sprinkle smoked paprika and chipotle chili powder all over the skin before roasting.