

Better Roast Chicken



So it seems pretty straight-forward, but I never actually tried it until last week. A better way to roast a chicken. I've often lamented the fact that the thighs and drumsticks are rarely ever completely cooked to my liking, or if they are, the breast meat is completely overdone. Taking a cue from recipes for roasted turkey, I decided to try twirling the bird.

First, salt and pepper the bird, inside and out. If you want to get fancy, put a couple spoonfuls of [compound butter](#) underneath the skin of the breast. Then put the 3 to 3½ pound chicken on a roasting pan that's preheated in a hot oven (425°), but put it in on its side, and let it cook for 15 minutes. Then turn it on its other side for another 15 minutes. Finally, roast it breast side up for 25 to 35 minutes more, basting the bird every 10 minutes. You should hear the chicken sizzling the whole time while it's in the oven. (You know it's done when the joints move easily.) Then let it rest outside of the oven for 15 minutes more, covered with foil.

The result is an very moist and completely cooked chicken. What's more, as with other roast chicken recipes, it's just as easy to cook two chickens at the same time, either to feed a crowd or for copious leftovers. And though it's a little more work, and I can't wander far from the kitchen, it's definitely going to be my go-to way to roast a chicken from now on – or, at least until some novel method presents itself.