

Simply Roast Chicken

INGREDIENTS:

1 ea	Whole chicken, 5 lbs
1 tbsp	Dijon Mustard
1 tbsp	Soy sauce
1 tsp	Old Bay seasoning
2 tsp	Kosher salt
6 dashes	Tabasco Chipotle
6 ea	Garlic cloves
6 ea	Rosemary sprigs, fresh
	Extra virgin olive oil in a spray bottle
	Bamboo skewer or some string

PROCEDURE:

- Pre-heat oven to 375°.
- About 30 minutes prior to roasting, unwrap chicken and remove innards and any excess fat.
- Rinse chicken under warm water, pat dry inside and out, and place in bowl.
- Combine all ingredients, except salt and rosemary, and coat chicken evenly with mixture.
- Season cavity with half of the salt and place fresh rosemary and garlic cloves inside.
- Put skewer through drumsticks so the legs don't flop or use string to tie.
Tuck the wing tips under the bird.
- Place chicken on a rack over a foil-lined pan.
- Sprinkle skin with remaining salt and roast at 375° for 1 hour and 15 minutes (internal temperature of 165°) -- you can check the temperature in the leg near the bone and in the thick part of the breast near the bone.
- Allow chicken to rest for 15 minutes before serving.

Serves: 4

