

Frank's Amazing Roast Chicken



Frank is a bit of an unorthodox kind of guy when it comes to cooking. He follows the rules and protocol to a 'T' when he's on the job fighting fires, but when it comes to cooking, well, the kitchen is where he lets his creativity loose. You'll be amazed at his method for roasting chicken. Frank swears by his low-and-and-slow method and has found the secret to juicy meat is to start with the bird upside down. It will take about 2 hours to roast Frank's chicken.



STEP 1: You'll need one fresh or fully defrosted whole chicken weighing about 1.75 kg (4 lbs). A chicken this size will serve a family of 4 with no leftovers. For stuffing the bird, you'll need a few fresh sage leaves (dried are OK too) and 1 cut-up orange. Preheat the oven to 300°F.



STEP 2: Wash and dry the chicken. Lay on a cutting board and drizzle with olive oil. Use your hands to massage the oil all over the chicken.



STEP 3: Sprinkle the inside of the cavity liberally with RUSTY SLED ALL-CANADIAN BLEND & RUB.



STEP 4: Fill the cavity with the orange pieces and sage.



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STEP 5: Lay the chicken on a board and sprinkle the chicken all over with the Rusty Sled.



STEP 6: Massage the seasoning into the skin with your hands.



STEP 7: Place the chicken into a shallow greased pan BREAST SIDE DOWN. Tuck the wing tips under the breast. Roast the chicken uncovered for about 1 hour and 15 minutes.



STEP 8: After 1 hour & 15 minutes, remove the chicken from the oven and turn it over, breast side facing up. Baste if desired. Return the chicken to the oven and roast for another 3/4 of an hour, until a thermometer inserted into the breast registers about 180°F. Remove to a plate, cover with a piece of waxed paper and then a tea towel. Let rest 30 minutes.



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STEP 10: Cut the chicken into pieces and serve with mashed potatoes, oven-roasted carrots (or, as shown here - oven-roasted carrots with butternut squash and onion), cranberry sauce with pear & Chinese five-spice and a green salad.

