

Roasting a whole Chicken

Using a roasting rack set over the pan will help the chicken cook more evenly, since air can circulate freely. With a roasting rack, the chicken won't be resting in its own drippings, which will give you crispier skin. For easier cleanup, you can line the pan with aluminum foil.

Regular method:

- Preheat oven to 350* F
- Rub chicken with butter, salt, pepper, and poultry seasoning
- Roast whole (thawed) chickens for 20 minutes per pound, plus an additional 15 minutes.

High heat method (this creates a crispy, darker skin):

- Preheat oven to 450* F and cook whole (thawed) chicken for 10-15 minutes.
- Then reduce the temperature to 350* F and roast for 20 minutes per pound. (Do not add the extra 15 minutes to the cooking time as with the regular method.)

Regardless of the method used, a whole chicken is ready when a meat thermometer inserted into the inner thigh (close to but not touching the thigh bone) reads at least 165°F

- The temperature of the meat will continue to rise slightly when you pull it out of the oven (this is called "carryover cooking"), so if the thermometer shows a few degrees below the target, give it a few minutes--the internal temperature might still rise to at least 165°F

- When you remove the chicken from the oven, cover it loosely with a doubled sheet of aluminum foil, and let it rest for 10 minutes before slicing. This redistributes the juices and results in moister chicken.

Use this chart to determine how long to roast your chicken:
(high heat method is the second time listed)

- *2.5-3lbs=1 hour/15 minutes=1 hour
- *3-3.5lbs=1 hour/25 minutes=1 hour/10 minutes
- *3.5-4lbs=1 hour/35 minutes=1 hour/20 minutes
- *4-4.5lbs=1 hour/45 minutes=1 hour/30 minutes
- *4.5-5lbs=1 hour/55 minutes=1 hour/40 minutes
- *5-5.5lbs=2 hours/5 minutes-1 hour/50 minutes
- *5.5-6lbs=2 hours/15 minutes=2 hours
- *6-6.5lbs=2 hours/25 minutes=2 hours/10 minutes
- *6.5-7lbs=2 hours/35 minutes=2 hours/20 minutes
- *7-7.5lbs=2 hours/45 minutes=2 hours/30 minutes

NOTE: These times are for unstuffed birds. Add 15 minutes to the total cooking time if you're roasting a stuffed chicken. And as with the chicken itself, make sure the stuffing reaches a temperature of at least 165* F