



Cast Iron Roasted Chicken

Serves 4-6

INGREDIENTS

1 whole Chicken, approximately 3 pounds, gizzard, heart, and liver removed
Kosher Salt and Black Pepper
2 Ears of Corn, each ear cut into 3 pieces
3 Oranges, cut in half
4 cloves of Garlic, smashed with the side of a chef's knife
3 sprigs of Rosemary, leaves pulled from the stem

- Preheat Big Green Egg or grill to 350°F direct heat.
- Lay the chicken flat on a cutting board, breast-side up. Twist the wings and pin behind the top of the back of the bird. This allows the wings to serve as a kind of roasting rack, supporting the bird as it cooks. Season the chicken with salt and pepper and leave on the countertop for 30 minutes to come to room temperature.
- Place the chicken into an 8 – 10-inch cast iron skillet breast side up. Place the skillet in the middle of the grill and cook for 20 minutes.
- Arrange the corn, oranges, garlic, and rosemary around the chicken. Continue roasting the chicken until the thick part of the breast reads an internal temperature of 165°F - 170°F, about another 40 minutes.
- Remove the chicken from the pan and transfer to a platter with a lip to catch the juices. Allow the chicken to rest for 15 minutes before serving making sure to spoon the juices on the cut pieces and serve with the roasted vegetables and oranges.

Chicken Cooking Tips

Most of us were raised to fear raw meat. Under cook chicken - you could get sick. Over cook meat - you just ruined dinner. Cooking meat can be fun; you just need to understand some basic rules:

- Chicken always cooks better skin-on and bone-in. The skin protects the meat from burning and drying out. The bone adds flavor as the chicken cooks and helps to maintain the natural shape.
- We recommend brining your chicken. Why Brine? Brining makes lean meats, such as turkey, chicken, and pork juicier and more flavorful! How? Meat Science! Not only does the brining solution help prevent moisture loss during cooking but it also perfectly seasons the meat. **PSM Brown Sugar Bird Brine** is available in our online store and our retail store in Avondale Estates, GA.
- Similar to cooking steak, allow chicken to rest at room temperature before roasting to ensure even cooking. Allowing the chicken to come to room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a beautiful sear with an undercooked center. A good rule of thumb is to allow the meat to rest on a plate on your counter for at least 30 minutes per pound. It's okay! Searing the meat will kill bacteria living on the surface of the meat.
- Use a probe thermometer and test the thickest part of the chicken for the most accurate reading. The recommended temperature for poultry is 165°F.
- Adding a sauce or glaze to your chicken? We recommend adding it once the chicken reaches 155°F to avoid scorching the sauce.

Butcher Rusty always prefers cooking chicken on the Big Green Egg with natural lump charcoal and direct heat or in a Cast Iron Skillet. A well-heated cast iron pan will provide the right foundation for a strong, rich, beautiful crust and even cooking. These pans can go on the stovetop, fire pit, open grill, oven, you name it. A well-seasoned cast iron pan will last generations and will quickly become your favorite, all-purpose pan.