

Roast Chicken

<http://userealbutter.com/2007/11/14/roast-chicken-recipe/>

Fine Cooking #26

1 whole chicken (about 4 lbs.)
1 lemon
1 tsp freshly ground pepper
1 tbsp + 1/2 tsp salt
1/4 cup unsalted butter
other herbs (optional)

Pat the chicken dry and remove the neck and giblets (reserve for later). Grate zest of lemon into a bowl. Combine with 1 tbsp salt and black pepper (and optional herbs). Rub the mixture over the chicken and inside the cavity. Be sure to get under the skin of the breast and rub some of the seasoning there. Cut the lemon in half and stuff half of it in the cavity. Set chicken on a wire rack on a plate or sheet and refrigerate uncovered for at least 4 hours and up to 24 hours. A half hour before you are ready to roast, remove the chicken from the refrigerator, set the oven rack to middle, and preheat to 425°F (higher if at elevation). Brush melted butter over the skin and sprinkle with 1/2 tsp of salt. Truss the bird and set it breast side up on a rack in a roasting pan. (If you have vegetables to roast, you can toss them with some salt, pepper, a little olive oil, and chuck them in the bottom of the pan). Roast until breast is nicely browned, about 40 minutes. Then remove from oven and flip the bird over and continue to roast until thickest part of thigh registers 165-170°F (about 20 minutes more). Let rest for 5 minutes before carving.

*Note: If you save the carcass and other bones, you can dump them in a pot of water with the reserved neck and giblets to make chicken broth.