

Last Minute Roast Chicken

Ingredients

4-6 pound roasting chicken, thawed
olive oil
salt, preferably sea salt (coarse grind works well)
ground black pepper

Note: This recipe works with a partially thawed chicken. The chicken should be thawed well enough that the iceberg in its cavity can be removed. Removal requires some serious effort and cool running water, but it can be done.

Instructions

1. Preheat oven to 450 F. Rinse chicken inside and out under cold running water. Dry chicken thoroughly with paper towels. Tuck the wing tips under the body. Place prepared chicken into the center of a heavy-duty roasting pan.
2. Dump about 2-3 tablespoons of oil and spread over entire surface of chicken. Mix about ½ tablespoon of salt and ½ teaspoon of ground black pepper together in a small bowl. Sprinkle liberally over the surface of the chicken and rub over all of the skin of the breast, wings, legs and thighs. Place in preheated oven and roast for 30 minutes. At the end of 30 minutes, turn the oven temperature down to 350 F (do not open oven door) and continue roasting until chicken is done.
3. The roasting time required depends on the size of the chicken and the extent to which it was thawed. Ballpark estimates are:

4 lb. chicken fully thawed	1 ½ hours total cooking time
6 lb. chicken partially thawed	2 ½ hours total cooking time

When chicken seems done, insert an instant-read thermometer into the breast, then the thigh. An instant-read thermometer should register 160 F when inserted into the thickest part of the breast and 175 F in the thickest part of the thigh.

4. If the chicken was partially thawed, the last part to get done is the area where the thigh meets the breast. Check this area carefully with the thermometer. Also, lift the roasted chicken and let the accumulated juices drain from the cavity. If they have any sign of pink, the chicken is not done yet.
5. Remove chicken from oven, and transfer to a cutting board with a well. Let chicken stand 10 to 15 minutes so the juices settle. Carve and serve.