

Rosemary Roasted Chicken

1 small roasting chicken @ 5 lbs

Olive oil

3 cloves garlic, minced

2 lemons, cut in half

½ C coarsely chopped fresh rosemary leaves, plus 8 rosemary sprigs

¼ t cayenne pepper

Coarse (kosher) salt

1. Position rack in the center of the oven and preheat to 375°F.
2. Rinse chicken with cold water and pat dry, inside and out, with paper towels. Remove and discard any excess fat.
3. Place chicken breast side down in a roasting pan. Rub the back of the chicken with some olive oil and half of the garlic. Squeeze the juice of 2 of the lemon halves over the chicken back; set the juiced lemon halves aside. Sprinkle ¼ c rosemary and 1/8 t of the cayenne over the chicken back.
4. Turn the chicken breast side up. Using your fingers, gently separate the skin from the breast meat and tuck 2 rosemary sprigs in the pocket, 1 over each breast half.
5. Rub the chicken breast with olive oil and the remaining garlic. Squeeze the juice of the remaining lemon halves over the breast; set aside the juiced halves. Sprinkle salt to taste and the remaining rosemary and 1/8 t cayenne over the breast.
6. Tuck the wings behind the back of the chicken and place 1 rosemary sprig under each wing. Place the juiced lemon halves and the remaining rosemary in the chicken cavity.
7. Bake the chicken, breast side up, basting it once or twice with the pan juices, until an instant read meat thermometer inserted into the thickest part of the thigh, but not touching a bone, registers 170°F, 1-1.5 hours.
8. Let the chicken rest, loosely covered with foil, for 20 minutes before carving and serving it.

Source: Food to Live By, The Earthbound Farm Organic Cookbook