

# Roast Chicken

A roast chicken can be the most perfect of meals, or it can be a disaster. Other than calling in your friend who is a chef to save you the real secrets to a perfect roast chicken? Brining, being careful not to overcook it, and roasting it upside down! No, that is not a typo. I found that by accident, and what a happy accident it was. So do those three things, and I promise you will have a lovely meal.

## Ingredients:

### Brine

2 quarts of water

1/2 cup salt

1/2 cup sugar

1 lemon

\*You can also add a few whole garlic cloves if desired

### Chicken

One 6 - 7 lb chicken

3 extra large pinches of basil, parsley, rosemary, marjoram ... whatever herbs you prefer

1/4 cup olive oil

Salt and pepper to taste

## Directions:

Brine the chicken for one hour, then wash in cool water and pat dry with paper towels. Preheat your oven to 425° F. Grab the skin on the breast and carefully pull it apart from the meat, making sure not to tear it off. You want to create a pocket between the skin and the breast meat. Inside the pocket, sprinkle a little salt and pepper, then stuff the herbs in and drizzle a couple of teaspoons of olive oil inside for good measure.

Lay the skin back down over the meat closing up your pocket and then drizzle your remaining olive oil over the entire chicken and then sprinkle on salt and pepper. This will make your skin crispy and tasty.

Place chicken upside down in your roasting pan and cook at 425 for 30 minutes to crisp up the skin. Then lower the temperature to 400° F and cook for another 30 - 45 minutes until the chicken is golden brown. The breast temperature should be 160° F and the thigh 175° F. You will need a meat thermometer to test for this. If you do not have a meat thermometer, just prick through the skin in the breast with a fork. If the liquid that runs out is clear, your chicken is done. If it is pink, then you need to cook it longer. Enjoy!