

Roast Sticky Chicken

Description

- 4 tsp salt
- 2 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp onion powder
- 1 tsp thyme
- 1 tsp white pepper
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1 large roasting chicken - as big as you can find
- 1 cup chopped onion

Summary

Yield: 4

Source: Busy Cooks

Prep Time: 6 hours

Tags: Chicken, OAMC

Ingredients

Instructions

In a small bowl, thoroughly combine all the spices. Remove giblets from chicken, clean the cavity well and pat dry with paper towels.

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Rub the spice mixture into the chicken, both inside and out, making sure it is evenly distributed and down deep into the skin. Place in a resealable plastic bag, seal and refrigerate overnight.

When ready to roast chicken, stuff cavity with onions, and place in a shallow baking pan. Roast, uncovered, at 250 degrees for 5 hours (yes, 250 degrees for 5 hours).

After the first hour, baste chicken occasionally (every half hour or so) with pan juices. The pan juices will start to caramelize on the bottom of pan and the chicken will turn golden brown. If the chicken contains a pop-up thermometer, ignore it. Let chicken rest about 10 minutes before carving.

Notes: This recipe is a great way to roast a large chicken for planned leftovers. It is reminiscent of those rotisserie-style chickens that are so popular now, and it is very easy to make. The meat comes out very moist and flavorful, so it is as good leftover as freshly cooked. Please try it and you will never roast chicken any other way. You need to start this the night before serving.

Update: This one freezes well; take care because the chicken does start to fall apart, especially the legs and wings. It still tastes fantastic! I froze these in Ziplocs, next time I may freeze in a box type container so it doesn't fall apart. The leftovers were great as soup and chicken salad.