

Rapid-Roast Lemon Chicken

Blasting with high heat will shrink the skin and seal in all the juices to create an extremely moist and tender chicken with crispy skin.

- 1 whole pasture-raised chicken, 4 – 5 lbs
- 3 T olive oil
- 3 T melted butter
- 2 1/2 T fresh-squeezed lemon juice
- 2 1/4 t salt
- 1 1/2 t garlic powder
- 3/8 t black pepper
- 1 whole lemon (unpeeled) poked all over with a sharp knife

Directions:

Pre-heat oven to 450°.

Rinse chicken inside and out under cold water and pat dry using a paper towel. In a small bowl, mix the lemon juice with oil and melted butter until blended. Rub all over the chicken, including under the skin on the breast. Rub the inside and outside of the chicken with salt, garlic powder and black pepper.

Place the lemon inside the chicken. Place the chicken in a baking dish. Tie the legs together tightly with cotton string.

Roast chicken uncovered at 450° for 25 minutes, then reduce heat to 400° and continue roasting for about 60 – 70 minutes, or until internal temperature reaches 175° – 180°.

Remove from oven, tent with foil and let sit for 15 minutes before slicing. Do not slice before that time or the juices will escape.

Feeds 6 – 7 people.

Recipe by Knight Family Farm, based on a recipe by "Kittencal" at Food.com.