

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Roast Chicken, Rotisserie Style

From My Father's Daughter by Gwyneth Paltrow

1 ½ Tbsp unsalted butter, room temperature
¾ tsp garlic salt
¾ tsp sweet paprika
¼ tsp freshly ground black pepper
Coarse salt
1 whole chicken (3-4 lbs), washed and dried

Preheat the oven to 400° F.

Mix the butter together with the garlic salt, paprika, pepper and a very large pinch of coarse salt. Gently separate the skin from the breast by inserting your fingers between the skin and breast and breaking the fascia. This will lead to crispier skin. Rub the butter all over the chicken, including a bit between the breast and the skin. Tuck the wings underneath the bird and tie one piece of kitchen twine around them to secure them. Tie the legs together with another piece of kitchen twine.

Put the chicken on its side (resting on its thigh and wing) in a large heavy roasting pan and roast for 25 minutes. Turn it onto its other side and sprinkle with a few tablespoons of water. Return the chicken to the oven and roast for an additional 25 minutes. Turn it on its back and roast for 10 minutes. Turn it onto its breast and roast for 10 minutes. Remove the chicken from the oven and let it rest breast side down for at least 15 minutes. Carve and serve.