

The World's Best Roast Chicken

*Rinse your bird inside and out, then dry thoroughly with paper towels. This step is key, the bird must go into the pan dry. Season chicken all over, inside and out with salt (1/4 tsp. sea salt per pound of chicken), pepper and any dry seasonings you like to use. (I like the blackened seasoning mix.) Cut an onion and place inside the bird. Cover and refrigerate.

*When ready to roast, preheat oven to 475 degrees for a full 20 min. Place a large cast iron skillet on top of stove, and turn the heat to high - do not add oil. When the skillet is smoking hot, place the whole chicken in the hot skillet, breast side up. The chicken should start to sizzle immediately. Use your oven mitts and place the whole pan in the oven, Within 10 min. you should hear the pan sizzling in the oven, if not, increase the heat by 25 degrees.

*After 30 min. using a pair of long tongs, turn the bird over (breast side down). If chicken has blistered, reduce heat by 25 degrees. Cook for 20 min., then turn bird back over (breast side up) and roast for another 10 min. Total cooking time should be approximately 45 60 min. (If you chicken is larger than 4 lbs., you may need to increase the cooking time by about 10 min. per pound).

Serve immediately!