

# Whole Roast Chicken

## with Paprika and Cayenne

Yield: Serves up to 4

### Tools

Chef's knife  
Roasting Pan  
Butcher twine or cotton, uncoloured string  
Probe thermometer

### Dry Rub Ingredients

2 tbsp. canola oil  
1 tsp salt  
½ tsp ground black pepper  
½ tsp garlic powder  
½ tsp onion powder  
1 tsp paprika  
¼ tsp ground cayenne pepper

### Ingredients

1 whole broiler chicken  
1 lemon, ¼ then slice thinly  
1 small white onion, rough chop  
4 garlic cloves, peeled and smashed with the back of a knife  
8 sprigs of thyme, wash and remove leaves from the stem (can substitute dried thyme)  
8 sage leaves, wash and roughly chop the leaves (can substitute dried sage)  
4 sprigs of rosemary, wash and remove leaves from the stem (can substitute dried rosemary)

### Method:

Preheat your oven to 350F.

Rinse the chicken inside and out with cold water, pat dry with some paper towel.

Combine the lemon, onion, garlic, thyme, sage and rosemary in a small mixing bowl. Stuff the mixture into the cavity of the chicken. Secure the legs of the chicken together using the butcher twine or cotton string. Place the chicken in a roasting pan.

Combine the ingredients of the dry rub. Use enough oil so that the dry ingredients make a paste, you don't want it too runny. Using cleaned/washed hands, or hands covered with disposable gloves rub the dry rub all over the chicken. Be sure to cover the entire chicken, including the back, legs and wings.

Place the chicken in the oven to roast, cook time will vary depending on the size of the chicken you purchased. Because you have stuffed the chicken it will take longer to cook. The chicken is done cooking when you place a probe into the thickest part of the meat, and the temperature reads 165F.

Rest the chicken for about 10 minutes before you cut into it because it will be very hot. The stuffing inside the chicken is entirely for flavour. As the mixture steams during the cooking process it infuses the meat with a ton of flavour. You can cut the breast meat and legs off the carcass, you can pick the rest of the meat off the bone to make sandwiches, wraps or even soup.

The chicken is so flavourful and moist you won't need gravy!