

Roasted Chicken



Ingredients:

- 1 (4-5 lb) whole Chicken
- 2 tbsp of Olive oil
- 1 tbsp Herbes de Provence
- Salt & Pepper

Directions:

Preheat oven to 400°.
Make 3" incisions between thigh and breast – to open chicken, do not truss.
Salt, pepper, Herbes de Provence inside cavity.
Oil outer skin, apply salt, pepper, Herbes de Provence.
On a cooking sheet or roasting pan, cook bird for 45-60 minutes.
Internal temperature should reach 165 degrees.

Note: Thigh/breast incisions open chicken to allow thighs to roast quicker.
My experience with a trussed bird is breast is overcooked to reach 165 degrees in thighs.