

ROASTED CHICKEN WITH VERTICAL ROASTER

Preheat the oven to 475 degrees.

Cut off the end of the wing up to the first joint, and the end of the drumstick about 1".

Separate the skin from the skin of the bird.

Stuff a thinly sliced lemon and Bermuda onion, salt, pepper, and rosemary between the fresh and skin, and inside the cavity. You can mince a clove of garlic or grate some fresh ginger, too.

Optional: You can also put stuffing or vegetables in the cavity. Celery or broccoli fit nicely and also serve to keep the bird moist. Put a vertical wire roaster inside the bird, crossing the legs and tying them together at their bottoms if necessary.

Place the bird and roaster in a pan of water, so the fat drips into it, and does not burn. Keep legs tucked up out of the water.

Set timer for only 25 minutes until the first check! It will cook fast.

Cut the bird in the crease, between the leg and the body to check for doneness. As soon as the liquid runs clear with no traces of red, it is cooked!



Alternative

If you do not have a vertical roasting rack, you may still use the recipe above, it will just take a bit longer because the metal is not conducting the heat directly inside the bird.

Instead, place the pan of water on the lowest oven rack and place the stuffed bird directly on another oven rack, which has been oiled, on the next highest height. Start with the bird breast side down. Turn the bird over after 15 minutes of roasting at 475, which seals in the moisture. Continue to cook for 35-45 minutes more, depending on the weight of the chicken.

STUFFING

1 handful fresh parsley
1 handful fresh cilantro
3" fresh ginger root
2 large cloves fresh garlic
2T. pink peppercorns
salt and pepper to taste.

Vertical Roasters Here's how they work.

Because the metal conducts heat, the bird's inside cooks faster, and retains moisture. By raising the normal roasting temperature to 475 degrees, the skin becomes crisp within that shorter cooking time, too. The result is a chicken that is crisp on the outside, and juicy on the inside, with much of the fat dripped off. Perfect!

Vertical roasters are available by catalog or kitchen supply store. You can find them for as little as 8.99. They come in a variety of sizes to suit all poultry sizes.

Additional kosher or coarse ground sea salt inside the cavity and outside the skin to insure crispness.

Finely chop all ingredients, especially the pink peppercorns. Stuff the bird, same as before between the skin and the flesh and inside the cavity. Add 2 stalks of celery to the cavity. In addition to the slices of lemon and onion, add large pieces of orange rind, that can easily be removed before serving.