



Classic Roasted Chicken Recipe

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INGREDIENTS:

- 1 ea whole chicken (I swear by D'artagnan Green Circle Chicken)
- 1 cup tamari or soy sauce

SUPPLIES:

- 3-4 feet butcher's twine (depending on the size of the bird)
- 1 ea sheet pan & rack
- 1 ea pastry brush

DIRECTIONS:

1. **To Prep the Chicken:** Unwrap your chicken and pat it dry with paper towel. If time allows, let your chicken air dry in the fridge on a sheet tray elevated with a rack. I usually do this step for 24 hours. (*Pro Tip: This will allow the chicken skin to dry out slightly, making for a nice crispy skin.*) With a brush, spread the tamari on the chicken to season. Once the chicken is brushed evenly, truss the chicken to allow for even cooking.
2. **To Truss the Chicken:**
 1. Start by cutting a 3-4 foot length of butcher's twine.
 2. Face the chicken breast side up with the legs facing towards you.
 3. Loop the butcher's twine around the chicken's neck area, making sure it is secure.
 4. Pull the twine to fasten the wings onto the chickens side.
 5. Bring the twine under the breast and cross the string, making sure to pull the breasts taut.
 6. Loop the twine under the legs, near the thigh.
 7. Pull the string up towards the end of the legs.
 8. Criss-cross the legs and tie the string to hold the legs together.
 9. Tie the twine in a tight knot to hold the chicken together.
3. **To Roast the Chicken:** Pre-heat the oven to 375°F and cook the chicken for 40-45 minutes. You will know the chicken is done when the internal temperature is 165°F (*Pro tip: Pull the chicken from the oven when the thermometer reads 160°F , let the chicken rest 15-20 minutes. During this time, the chicken will carry over to the proper 165°F temperature.*)