

# CAST IRON OVEN ROASTED CHICKEN WITH GARLIC & HERBS

Prep Time: 10 mins

Cooking Time: 60 mins

Serves: 4

## Ingredients:

- 3 - 4 lb whole chicken – cleaned and patted dry
- 3 cloves garlic – minced
- ½ tsp dried thyme
- ½ tsp dried rosemary
- 1 tsp onion flakes
- 1 tsp coarse salt
- 1 tsp fresh ground pepper
- 2 tbsp olive oil
- ½ cup chicken stock
- 2 sprigs fresh thyme
- 1 sprig rosemary



## Kitchen Tools:

- Cutting board
- Chef's knife
- Cast iron pan with grill
- Tongs
- Oven Mitts
- Basting spoon or baster
- Skimming spoon
- 6 small bowls for garlic and spices (or 1 medium size bowl)
- 2 small bowls for pan juices
- Serving plate

## Instructions:

1. Remove chicken from refrigerator, rinse with cold water, pat dry with paper towels and let sit to room temperature - 30 to 60 minutes
2. Place cast iron pan in oven and pre-heat oven to 400°f
3. Place chicken on a large cutting board
4. Sprinkle garlic, dried thyme, dried rosemary, onion flakes, salt, pepper and oil over the entire chicken and in the chicken cavity
5. When oven is pre-heated to 400°f let the pan heat further for 10 minutes
6. Remove cast iron pan and place on stove top
7. Using tongs carefully move the seasoned chicken to the hot pan, breast side up
8. Add chicken broth to the pan
9. Add thyme and rosemary sprigs to the pan
10. Move the pan/chicken to the oven
11. Roast for 30 minutes
12. Remove the pan/chicken and baste

**Recipe by: The Kitchen Tool**

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13. Move the pan/chicken back to the oven for another 15 to 30 minutes, to an internal temperature of 165'f at the center of the breast meat
14. Remove from the oven and move the chicken to a clean cutting board - cover loosely with foil
15. Remove the thyme and rosemary from the pan – discard
16. Pour pan juices in a medium size bowl – let sit for 10 minutes
17. Skim fat from the juices – discard fat
18. Cut up chicken and place on a serving tray
19. Pour pan juices over the chicken

Serve! Cook Well! Eat Well!

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