



ROAST CHICKEN WITH ORANGES, LEMONS AND GINGER

Basic Lifestyle

Ingredients

- 1 lemon
- 2 oranges
- 3 TBS minced fresh ginger
- 1/2 TSP kosher salt, plus extra for seasoning
- 1 (5-pound) roasting chicken
- 3 TBS honey

Instructions

1. Zest and juice the lemon and oranges, saving the rinds. In a small bowl, combine the zest, a few tablespoons of the juice, the ginger and salt. Rub one-third of this paste inside the chicken. Stuff the cavity with the leftover citrus rinds, and cover the bird with a sprinkling of salt. Place the chicken in a covered container or zip-top bag. Add the remaining citrus juice and the honey to what's left of the paste, and pour this marinade over the chicken. Cover or seal the bag and allow to marinate in the refrigerator, overnight, turning a few times to evenly distribute the mixture.
2. Preheat oven to 275°. Place the chicken breast-side up in a covered Dutch oven, casserole dish or tagine.
3. Place the marinade in a saucepan and bring to a boil over high heat. Boil for about 1 minute, then set aside. Roast chicken, covered, for 2 to 3 hours until nearly done (155° at the thigh), basting every 30 minutes with the marinade. When nearly done, remove the cover and increase the heat to 350°. Continue roasting until the skin is brown and the chicken is 160° at the thigh. (The sugars in the marinade might cause the tips of the wings and legs to brown too quickly. If so, cover them in foil.)
4. Let the chicken rest for 15 minutes before carving.

Portion-Per-Serving Information (Yields 4-6 servings) - Serving = 4 oz. = 1 P