

Roasted Blasted Chicken by Lynn's Recipes



A recipe from the Food Network's, Sara Moulton called Blasted Chicken. It is cooked in a 450° oven for 45 minutes, so it takes little time to have roasted chicken on the table for dinner.

Ingredients:

- 3-1/2 pound whole chicken
- Olive Oil
- Salt
- Pepper

Clean out giblets, etc. from the chicken cavity and brush olive oil all over the chicken. Salt and pepper the skin of the chicken and place in a heavy roasting pan, uncovered. Place in a preheated oven at 450° for 45 minute or until a meat thermometer registers 165-170° when inserted into the leg-thigh joint or the juices run clear. Cover with aluminum foil and let it rest for 15 minutes before carving.

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