

ROAST CHICKEN

Roast chicken has always been a staple for me. I've spent years trying to perfect the best technique...one that yields a crispy skin, fully cooked dark meat and moist breast meat. The folks at Cook's Illustrated came up with a winner. You must, however, have an oven-proof skillet. I must admit I've strayed from the original recipe a bit but my modifications have proved to be consistent and simplified things a bit.

1 3 ½ lb. whole chicken, giblets discarded
TBS kosher salt
fresh ground pepper
olive oil

Remove chicken from refrigerator about an hour before you plan to put it in the oven. Pat the chicken dry with paper towels, and rub the entire surface with olive oil. Generously and evenly salt and pepper the chicken, inside and out. Fold the wing tips behind the back, and tie the legs together with kitchen twine.

30 minutes before you plan to put the chicken in the oven, adjust oven rack to medium position, place the oven-proof skillet on the rack, and heat oven to 450.

Transfer the chicken to the preheated pan, breast side up, and cook for 35 minutes. Turn off the oven and let the chicken remain in the oven for another 35 minutes. Remove skillet from pan, tent with foil, and let it rest for 20 minutes before carving.