



## Chicken Instructions-Oven

**Tip:** Remove poultry from packaging 12-24 hours prior to cooking, leaving uncovered in the refrigerator. This will dramatically reduce the moisture on the skin and allow it to brown easier and quicker.

### Two Easy Steps:

**Step 1:** Apply a thin layer of olive oil to entire bird and truss (tie the legs) chicken. Place **breast side up** in roasting pan on lowest rack position in oven. Broil on high for 8-12 minutes or until desired browning occurs. Because ovens vary, keep close attention and move your pan for more even browning. Remove from oven.

**Step 2:** Set temperature to 350°F and place poultry frame in center of roasting pan with the small teardrop side, up.

Turn your chicken, breast side down in frame with breast positioned towards larger side of teardrop. Chicken should sit at an approximate 20-degree angle. Legs should be on outside of roasting rack, while wing tips should tuck in. Point of teardrop should support lower breast.

- No need to add water to pan as no water can increase browning
- No need to cover your chicken with foil as this will help brown the entire bird
- Breast meat should reach but not exceed 165°F.
- Let rest for 10-12 minutes on rack and then invert onto a platter

**For grills and smokers-Skip step one-just place poultry breast side down on frame and cook!**