

Spice Rubbed Roasted Chicken



Sirve:

12 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover
small mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Dry spice rubs are a good way to infuse a lot of flavor into poultry, meats and fish without adding extra fat. This fragrant combination is inspired by the variety of spices used in African cuisine.

4 - 5 pound
whole roasting chicken, giblets removed
(1.8 - 2.3
kg)

4 cloves
garlic, shredded, use Cone #1

1 small
onion, cut into chunks
1 lemon, cut in half
½ teaspoon
garlic powder

(1
g)
1 teaspoon
paprika, sweet

(2
g)
½ teaspoon
natural salt

(3
g)
½ teaspoon
pepper, ground

(1
g)
1 teaspoon
cumin, ground

(1.5
g)
½ teaspoon

cinnamon, ground
(3
g)
1/2 teaspoon
ginger, ground
(1
g)
pinch of cayenne pepper

Preparación :

1. Remove giblets from inside of the chicken, rinse the chicken and pat dry with a paper towel. Rub inside of chicken with shredded garlic and place onions and lemon halves inside.
2. In a small bowl, combine garlic powder, paprika, salt, pepper, cumin, cinnamon, ginger and cayenne.
3. Ease the skin of the chicken breast away from the flesh, being careful not to tear it, and rub with 1/4 of the spice mix. Place skin back over breast meat. Rub remaining spice mix over the chicken skin, legs and wings.
4. Place seasoned chicken in dish, cover and marinate in the refrigerator at least 3 hours or overnight.
5. Preheat roaster over medium heat. When several drops of water sprinkled on roaster skitter and dissipate, add chicken with breast side down in roaster and press down slightly. Cook for 8 - 10 minutes until browned and chicken releases. Turn chicken over and brown on all sides.
6. Place cover on roaster. When Vapo-Valve™ clicks, reduce heat to low. Cook chicken for approximately 1 1/2 hours or until internal temperature reaches 165°F/74°C.
7. Remove chicken from roaster and let rest for 20 minutes before slicing and serving.

Consejos:

- Serve roasted chicken with rice, couscous or green salad.
- If you want a crispy skin, place under the broiler for a few minutes until golden brown. Remove Versa Loc™ handles before placing roaster under the broiler.
- Strain excess liquid in bottom of roaster and skim off excess fat. Season chicken broth with salt and pepper and serve with sliced chicken.

Información nutricional por ración

Calorías: 335
Grasa Total: 24g
Grasa 7g
Saturada:
Colesterol: 110mg
Sodio: 201mg
Carbohidratos: 2g
Fibra 1g
Dietética:
Azúcar: 0g
Proteína: 26g
Nutritional analysis calculated using 4-pound roasting chicken