

Mark's Kitchen

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Roasted Chicken

Today we're featuring a delicious recipe from our friends at [Fourth & Heart](#). Fourth & Heart carries the tastiest ghee from their original product to their Madagascar vanilla bean or white truffle salt infused variations. This simple, yet mouthwatering recipe features their [California garlic ghee](#), and it is the perfect recipe to make for dinner tonight. Hope you enjoy! Recipe by Eric Nystrom for Raquel Tavares.

Ready in: 2.5 hours / Serves: 4

Ingredients:

- 1 whole free-range chicken (about 2 lbs)
- 1 whole lemon
- 2 to 3 garlic cloves
- 1 pinch salt
- 1 pinch freshly ground black pepper
- 3 tablespoons [California garlic ghee](#)

Step 1: Allow the chicken to come up to room temperature (about 1 hour).

Step 2: Preheat oven to 450°F. When the chicken has reached room temperature, rinse it under cool water and pat dry, making sure it is dried thoroughly.

Step 3: Liberally apply the ghee all over chicken making sure to get underneath the skin. To get the ghee under the skin (particularly the breast, legs and thigh), gently use the back end of a wooden spoon to create a pocket between the skin and the

meat, being sure not to puncture the skin. Massage the skin to evenly coat the chicken with the ghee. Then, evenly apply the salt and pepper all over.

Step 4: After seasoning the chicken, take the lemon and cut it into half. Place the lemon halves and the garlic inside the cavity.

Step 5: Heat a large skillet (big enough to fit the whole bird in comfortably) over medium-high heat. Make sure the skillet gets hot enough so that the chicken sizzles when you place it into the pan. Place the chicken into the skillet breast side up and sear for 3 to 4 minutes. Then, place the skillet into the preheated oven and roast for 15 to 20 minutes, allowing the skin to brown nicely. Then, reduce the oven temperature to 375°F and continue to cook the chicken for an additional 45 minutes.

Step 6: When the chicken is done, CAREFULLY remove the skillet from the oven using potholders because the skillet handle will be EXTREMELY HOT. Tip: once the skillet is out of the oven, cover the handle as a reminder not to touch it.

Step 7: Transfer the chicken from the skillet to a cutting board and allow it to rest for 20 minutes (Tip: always follow this step if you like your chicken moist!) Once the chicken has rested, carve it and serve with some roasted vegetables of your choice. NOTE: If you are unsure how to properly carve a chicken, a quick YouTube search should help!

Nutritional Analysis per serving: Calories: 862, Carbohydrates: 2 g, Fat: 123 g, Protein: 55 g, Sodium: 376 mg