



Easy Whole Roasted Chicken

Ingredients:

- 3.5 to 5lb whole chicken (remove the giblets from inside the chicken)
- 1 lemon, cut in half
- 1 head of garlic
- 2-3 sprigs of fresh rosemary (or whatever fresh herb you have on hand)
- 1/3 cup butter (or about 6 tablespoons), melted
- 2 tsp [RICHARD PEABODY PECK III SALTOPIA Sea Salt](#)

Instructions:

1. Position a rack in the lower third of the oven and preheat oven to 425 degrees.
2. Place the chicken on a cutting board surface, and pat dry using a paper towel. Season the inside of the chicken with ½ tsp of the sea salt. Next, place the lemon halves, garlic and fresh herb inside the chicken. Place the chicken (breast side up) into a deep cast iron skillet, or another large baking dish.
3. Stir in the remaining 1.5 teaspoon of the sea salt to the melted butter, and using a pastry brush, brush half the butter generously all over the chicken. Remaining butter for later use.

4. Roast the chicken for 20 minutes, remove from the oven and brush on the remaining butter. Place the chicken back into the oven and continue to roast for another 45-60 minutes (or until the chicken is fully cooked through). Note: roasting time will vary depending on the size of the bird and the oven itself. Generally, for each pound of chicken, it should roast for 12-15 minutes.
5. Once the chicken is cooked through, remove from the oven and allow it to rest for about 15 minutes before serving.