


Buttermilk Marinated Roast Chicken

from saltfatacidheat.com

 1 serving

Ingredients

1 whole chicken, 3 1/2-4
pounds

2 tablespoons salt

2 cups buttermilk

Directions

- 1** Pour buttermilk in a gallon ziploc bag. Add salt and stir to dissolve. Add chicken and close bag. Squish to coat.
- 2** Refrigerate for 24 hours.
- 3** Remove chicken from fridge an hour before cooking. Set oven temperature to 425 degrees, place oven rack in center of oven.
- 4** Scrape off marinade and place chicken in a cast iron skillet or shallow roasting pan.
- 5** Be thoughtful about how you place the chicken in the oven - the hottest spots are the rear corners. Point the legs to one of the back corners and breast toward the center of the oven.
- 6** After 20 minutes when the chicken has started to brown, reduce the temperature to 400 degrees and shift the pan so the legs point to the other back corner (to make use of any extra accumulated heat).
- 7** Continue cooking another 20-30 minutes (or less with smaller chickens) until chicken is nicely brown, juices run clear, and the temperature in the thickest part of the thigh is at least 170 degrees.
- 8** Cover and let rest 10 minutes before carving.