

Ricardo's Oven-Roasted BBQ Chicken

Chicken

- 1 three lb chicken, whole or cut into 8 pieces
- 1 t salt

Barbecue Seasoning

- 2 T each ketchup, olive oil
- 2 t each paprika, dry mustard
- 1 t brown sugar
- 1/2 t each onion powder, garlic powder, ground pepper
- 1/4 t celery salt

Sprinkle entire surface of chicken with salt, with an emphasis on legs and breasts. Place in a baking dish, cover and refrigerate for 2 days. If using a kosher chicken, you can skip this step because it's already infused with salt. I tried the recipe using a whole kosher chicken with the two day salt method and a cut up kosher chicken without the salt. It was best after marinating in the salt, but fantastic either way.

With the rack in the middle position, preheat the oven to 375F.

In a bowl, combine ketchup and oil. Gently lift skin from breasts and thighs, without tearing. Spread ketchup mixture between meat and skin. This technique is easier than it sounds — The skin lifts fairly easily.

In another bowl, combine all spices. Sprinkle spice mixture over entire surface of chicken.

Use a fairly large baking dish. Roast for about 75 minutes if whole, 50 minutes if cut, or until a thermometer inserted in the thigh without touching bone reads 180F. Baste with pan juices at halftime.

How can you be sure that the chicken is cooked? If you don't have a meat thermometer, or if you want to double check for doneness, cut into the chicken to see if juices run clear and the meat is no longer pink. Check to see if the legs move freely and if the chicken has a firm texture, resists pressure and springs back quickly when touched.

Remove chicken to a platter. Serves 4-6.

Optional: Remove all but a tablespoon of the pan drippings and roast potatoes, carrots and parsnips, adding a little sea salt.

Jittery Cook