



Mum's Roast Chicken

Ingredients

1 tablespoon Indian red chile powder (or, use 1 tablespoon paprika + 1/4 teaspoon cayenne powder)
1/2 teaspoon ground turmeric
1/2 teaspoon garam masala
2 teaspoons kosher salt
6-8 cloves garlic, grated on a microplane
1-inch thumb ginger, peeled and grated on a microplane
2 tablespoons malt or red wine vinegar
1/4 cup avocado or other neutral, high smoke-point oil
1 whole chicken (5 to 6 pounds)

Directions

- 1) Whisk together spices, salt, garlic, ginger, vinegar and oil in a small bowl. Taste for saltiness, and adjust to your palate. Massage all over the chicken (inside and out). Marinate in the fridge, overnight is best.
- 2) The next day, preheat your oven to 400 degrees Fahrenheit.
- 3) Place chicken in a roasting pan, ideally on a rack. Tie the legs together with kitchen twine, and tuck the wings under the chicken's body. Pour 1/4 cup water into the bottom of the roasting pan. Cover with foil, and seal tightly.
- 4) Roast for 45 minutes to 1 hour, until thermometer inserted into thigh meat registers 160 degrees Fahrenheit. Remove foil.
- 5) Turn on the broiler element, and broil chicken until skin is browned. Remove from oven, and tent lightly with foil. Allow to rest 15 minutes. Slice and serve.