

CLEO COYLE'S ROASTED CHICKEN with LIME AND ROSEMARY

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by Alice Alfonsi who writes **The Coffeehouse
Mysteries** as Cleo Coyle with her husband,
Marc Cerasini

*Rosemary and lemon make a classic
flavor combo for chicken, but the
plump, juicy limes in my local
market inspired me to make a
change. Their tangy, bright taste
brings a refreshing summer flavor
to a gently roasted bird. I hope you
enjoy it as much as my husband and
I do. ~ Cleo*

Ingredients:

4 – 6 pound whole chicken
5 – 6 fresh limes (medium size)
1 tablespoon sea salt
6 cloves garlic
2 tablespoons chopped, fresh rosemary
1 teaspoon poultry seasoning
½ teaspoon white pepper
3 tablespoons olive oil (divided)

Step 1: Prep meat: First preheat your oven to 350° F.
Allow the meat to reach room temperature (20 to 30
minutes outside the refrigerator). Rinse the chicken and
pat dry. If your limes were in the refrigerator, warm them
to room temperature, as well.

Step 2: Stuff the bird: Quarter one lime and place the
sections inside the chicken cavity, along with a dash of
sea salt and white pepper. Close the cavity. (I use a simple
wooden skewer for this.)



Step 3: Create the rosemary-lime slurry: Place the sea salt into a small bowl and smash the garlic on it. Mix in the freshly squeezed juice of 2 to 3 limes (enough to measure about 1/4 cup). Add the chopped rosemary, poultry seasoning, white pepper, and 2 tablespoons of the olive oil. Now rub this slurry all over the bird and place breast side up on the greased rack.

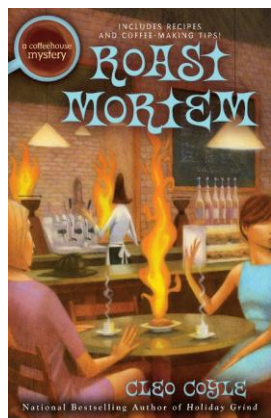
Step 4: Roast: Lightly coat the top of your broiler pan or roasting rack with the final tablespoon of olive oil. (For easier clean up, I also like to cover the bottom portion of my pan with aluminum foil.) Place your pan in the center of your oven for about 25 minutes per pound, giving a bird of 6 pounds about 2½ hours of cooking time; a bird of 4 pounds about an hour and forty minutes. You're watching for the thickest part of the thigh to reach an internal temperature of 165 degrees F.

TO FINISH: Once cooked, allow the chicken to stand for 15 minutes before carving. To keep it warm, tent foil over the bird. This resting period is important. If you cut into the bird right out of the oven, the juices will run out and your chicken will be dry instead of succulent.

TO SERVE: Cut the remaining limes into wedges and serve on the side with the chicken. Invite guests to squeeze a little juice over the meat before digging in, and please do...



Eat with joy!
~ Cleo Coyle



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