

What do I do with a whole chicken?

Does the idea of a whole chicken freak you out? Wait! There are so many things you can do with that beautiful bird!

Roast It—thaw your chicken a day in advance. Rinse it in the sink and pat the outside dry. Make a rub from 2 tablespoon softened butter or olive oil and your favorite herbs or seasoning blends. We like rosemary, thyme, garlic powder and salt & pepper. Rub on the outside and inside of the bird. Don't be afraid of salt! Use plenty! Place in a baking dish—this is where I like to add diced potatoes seasoned with salt, pepper and olive oil. They absorb all the yummy chicken juices while it cooks. Bake at 425 degrees for 20 minutes then at 375 degrees until the temperature is 165 degrees. I used this fancy upright roasty thing the last time I cooked one, but just a pan is fine.



Spatchcock It—if you're feeling fancy, this is a fun way to cook a bird. I have a blog post that goes through this step-by-step, but essentially you remove the spine and flatten the



chicken. It decreases the cooking time and gives you more surface area for seasoning. It's great in the oven or easy to grill this way as well. And, if you're a "marinator", these marinate like a dream! Again, chicken is a blank canvas, so feel free to branch out and experiment with all of your favorite seasonings.

Instant Pot It! —The beauty of the Instant Pot cook is that you don't even have to thaw your bird! Season it your favorite way (check back at the Roast It suggestions) and you can cook it straight up frozen! Add 1 cup of water or chicken stock to the bottom of your pot and set your seasoned chicken, breast side up, on top of the rack or trivet. Set it on high pressure for 35-45 minutes, depending on the size of the bird. Let it natural release. If you like crispy chicken skin, set the cooked bird on a foil-lined cookie sheet and broil a few minutes until it's golden. Make sure you always check the temperature of your bird to make sure it is 165 degrees at the thickest part of the thigh.



I like to cook a chicken in my “spare time” and take off the meat and use it later in the week for soups, enchiladas, salads, etc. Or you can freeze the meat and save it for emergency meals later on.

Don't Forget the Bones!— Don't even throw out the chicken bones, especially if you have an Instant Pot. It's so easy. Put the bones in a pot and cover them with water. Add salt, pepper, half of a whole onion, a garlic clove, a whole carrot cut in thirds and some celery.



Bring it to a boil then reduce it to a simmer and cook it for as long as you can with it barely making bubbles. Or if you have the Instant Pot, cook it at high pressure for an hour. Pour it through a strainer and let it chill overnight in the fridge. Any leftover fat will form a layer at the top that you can skim off. You can use the broth or freeze it for later, as well.

There's More! Try a whole cut-up chicken if you like to fry chicken. You can also season the cut up chicken pieces and place them on top of your favorite potatoes and vegetables and bake at 375 degrees until the meat reaches 165 degrees. Save the back and make stock out of it. We also have bags of backs for making chicken stock, along with a variety of other cuts if you just want a go-to, no hassle option.