



Spit Roasted Chicken with Fresh Herbs and Garlic

Preparation and equipment:

A hot, mature fire
Standard spit

Ingredients:

1 medium size chicken (3-4 lbs.)
12 sprigs fresh herbs (thyme, lemon thyme, or rosemary)
3 cloves of garlic, slivered
Freshly ground pepper for seasoning
Kosher salt for marinating (optional)
White butchers twine for tying

Procedure:

Note: the salt-marinating is optional. If you wish to cook the chicken immediately, ignore the first two steps below and season to taste with sea salt and ground pepper.

1. Rinse chicken thoroughly in cold water. Drain and pat dry with a paper towel.
2. Sprinkle generously with Kosher salt, wrap in a plastic bag and refrigerate overnight or up to 7 days.
3. When ready to cook, rinse, dry and season liberally with freshly ground black pepper.
4. Tie the chicken securely with the butchers twine.
5. Rinse and dry the herbs. Distribute them evenly over the bird, tucking them securely under the string.
6. Do the same with the slivered garlic.
7. Let the bird sit for at least 1 hour or until it has come to room temperature.
8. While you are waiting for the bird to warm up, build a hot fire and let it mature for at least 1/2 hour.
9. Load the bird on a spit, secure with spit forks and bring it to the SpitJack.
10. Roast on the lower spit, close to the fire for 1.5 to 2 hours, depending on the heat of the fire and the size of the chicken.

Let rest at least 20 minutes before carving.