

TURBO ROASTER™ APPROVED RECIPES

CORIANDER LEMON CHICKEN

INGREDIENTS

2 Lemons grated and juiced
Olive oil, Salt and Pepper
2 Tbsp Ground Coriander Seed
1Tbsp Ground Fennel
1Tbsp Mild Curry Powder (optional)
3 Garlic Cloves Crushed
¼ Cup finely chopped shallots or Red or Green Onions

4 to 6 Lb Chicken. Fresh, never frozen, and free range preferred. If using frozen chicken let it thaw for 24 to 36 hours in lower refrigerator compartment. Make absolutely sure that inner cavity is fully thawed before cooking.

PREPARATION

Remove neck or giblets from chicken cavity. Wash with warm water and dry with paper towels. Place on large bowl.

Mix 2 tbsp olive oil, lemon juice and rind, coriander, fennel seeds, garlic and onions, 1 tsp salt and pepper in cup.

Thoroughly brush exterior of chicken with mixture and pour remainder inside cavity. Place chicken in covered bowl and refrigerate for a minimum 4 up to 24 hours. Baste with brush a couple of times.

Remove from refrigerator and warm at room temperature for 1 hour.

Drizzle olive oil on top of breast and coat all exposed skin with brush. Place on roasting pan with rack. Fold wings under. Close off cavity with poultry closure or by folding loose skin and piercing with toothpicks. Tie drumsticks together with cotton string. Wrap once around body holding wings tight to carcass. Sprinkle with additional ground coriander and optional curry powder on top.

Fill TURBO ROASTER™ Jar ¼ full with hot tap water only. Holding onto the tube tighten screw band tightly onto jar. Insert open end of TURBO ROASTER™ tube into chicken cavity. Let the jar hang outside the roasting pan where it will be exposed to the full oven heat. Place the meat thermometer into inner thigh flesh. Make sure that it does not touch bone or you will get wrong reading and chicken will overcook.

Place roasting pan with chicken TURBO ROASTER™ in 450F pre heated oven. Wait for 15 minutes then turn oven down to 375F. After 40 minutes check temperature on meat thermometer. If it is about 180F remove chicken from oven. If it is much lower, using oven mittens remove thermometer from chicken and re insert on opposite thigh careful to not touch bone. If temperature rises to 180F the chicken is done. If it is lower leave in oven for an additional 10 minutes or so. Do not open oven more than necessary. Each time it is opened you add 5 more minutes to the cooking time required.

Once thermometer reads about 180F remove chicken from oven. Remove TURBO ROASTER™ and place on dry tile or wood surface to cool. Remove chicken from rack using two large forks and place on carving platter. Cover entire chicken with large piece of aluminum foil and let cool for 30 to 45 minutes before carving. Carve on carving plate with capacity to hold large amounts of juice or it will overflow onto counter top. If desired use carving plate juices and after skimming fat off, the juices on roasting pan to make real gravy. Enjoy!