



Roast Chicken With Garlic Rub [*Pollo Asado*]
Daisy Martinez

Ingredients:

- One 5 pound chicken [*washed and patted dry inside and out*]
- 12 cloves garlic, peeled
- 1 ½ tablespoons fine sea or kosher salt
- 1 tablespoon black peppercorns
- 2 tablespoons dried oregano
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar

Pound the garlic cloves and salt to a paste using a mortar and pestle. Add the peppercorns and oregano, pounding well after each to incorporate them into the paste. Stir in the olive oil and vinegar.

Recipe:

1. *Preheat the oven to 500 degrees F.*
2. *Loosen the skin covering the chicken breast by working your fingers gently in between the meat and the skin that covers the breasts. Do the same to as much of the legs and thighs as you can without breaking the skin. Flip the chicken over and repeat on the chicken's back. Using a teaspoon, rub the adobo under the skin all over the chicken as well as the inside of the chicken cavity.*
3. *Truss the chicken with kitchen twine and set on a rack in a roasting pan. Roast for 30 minutes. Lower the heat to 400 degrees F, and continue to roast until the juices from the thickest part of the thigh near the bone run clear. [About 45 minutes]. Alternately, roast until an instant reading thermometer registers 165 degrees F when inserted into the joint where the thigh meets the backbone. Let rest for 10 minutes before serving.*

Daisy Martinez – Host of the PBS Television Series, *Daisy Cooks!* Also an esteemed instructor for “Food University.”