

BEER CAN CHICKEN

1 whole chicken
1 can of beer (or Stoney Ginger Beer)
Ina Paarman Braai and Grill Seasoning
Ina Paarman Rosemary and Olive Seasoning
Fresh sage, fresh rosemary
Lemon juice
Lemon rind
coarse salt and pepper

Season chicken well with spices and herbs, rubbing all over inside and out. Then place chicken over the beer stand. Place over the can of beer and place in a roasting pan.

Preheat oven to 180°C. Roast for 30 minutes, then rotate chicken to ensure even cooking.

Roast another 30 minutes and rotate again. Total cooking time to this point should be 60 minutes.

After 60 minutes, squeeze generously with fresh lemon juice and lemon rind. Roast for a further 25 minutes. Rest chicken for about 10 minutes before carving.

Copyright © 2009 Sharon Glass, All rights reserved.