



Cast Iron Roast Chicken and Potatoes

Jacob · 28/09/2024



Prep Time

1 hr 40 mins

Difficult

Medium

Servings

6

Description

A cast iron skillet is a great way to cook a whole chicken. You can throw some sliced potatoes and rosemary into the skillet to make a meal. The delicious chicken drippings add a wonderful flavor.

Ingredients

- - 1 (4 pound) whole chicken - 1 tablespoon avocado oil - 1 tablespoon olive oil - salt and freshly ground black pepper to taste - cooking twine - 4 ½ cups peeled
- sliced potatoes
- about 1/8 inch thick - 1 tablespoon olive oil - 1 teaspoon minced fresh rosemary - rosemary sprigs for garnish (optional)

Instructions

1. Place a 10-inch cast iron skillet on the center rack of a cold oven. Preheat the oven and skillet to 425 degrees F (220 degrees C). While the oven is heating
2. remove any giblets from the chicken
3. and discard or reserve for stock. Season the inside of the chicken with salt and pepper. Fold the tips of the wings under the neck area of the chicken
4. and tie the legs together with cooking twine. Combine avocado oil and olive oil in a small bowl and brush the outside of the chicken with the combined oils. Reserve any unused oil. Season the outside of the chicken with salt and pepper. Carefully place the hot skillet on a heat-safe surface (e.g. your stove) and brush the inside of the skillet with the remaining reserved oils. Place the chicken on its side in the skillet
5. with the leg quarter coming in contact with the hot skillet. Return the skillet to the oven and roast for 25 to 30 minutes. Combine sliced potatoes
6. 1 tablespoon olive oil
7. minced rosemary
8. salt
9. and pepper in a bowl and mix well. After the chicken has roasted on one side
10. place hot skillet on a cutting board
11. turn the chicken to the other side
12. and add potato mixture to half of the skillet. Roast for 25 to 30 minutes. Carefully pull skillet out of the oven and return to the cutting board. Lift chicken slightly and spread the potatoes over the whole skillet. Place chicken
13. breast side up
14. on top of the potatoes. Roast until the chicken is no longer pink at the bone and the juices run clear
15. 25 to 30 minutes. An instant-read thermometer inserted into the thickest part of the thigh
16. near the bone
17. should read 165 degrees F (74 degrees C). Turn off the oven and allow the chicken to rest inside the oven about 5 to 10 minutes. This will keep the skin nice and crispy. Garnish with fresh rosemary sprigs
18. carve the chicken
19. and serve the chicken and potatoes from the skillet. Cook's Note The cast iron skillet will get really hot and is quite heavy — handle the skillet with care. Use a cutting board or any heat-proof counter top protector you have.