

MIMI'S STICKY CHICKEN

(modified from Mimi's Cyber Kitchen)

2 teaspoons salt
1 teaspoon paprika
1/2 teaspoon cayenne pepper
1/2 teaspoon onion powder
1/2 teaspoon thyme
1/2 teaspoon black pepper
1/4 teaspoon garlic powder
1 whole roasting chicken, about 3 pounds
1 shallot, cut in half
1 lemon, cut in quarters

Combine all spices in a small bowl. Dry chicken very well, rub the spice mixture over skin and sprinkle a little inside the cavity. Place in a bag or in a bowl, covered with plastic wrap, and refrigerate overnight.

Heat the oven to 250F. It is not a typo. It is a very low oven. When ready to roast, stuff the cavity of the chicken with the shallots and lemon. Place it breast side down in a roasting pan (I like to use a small rack to keep it elevated, spraying the rack with olive oil to prevent the skin from sticking to it).

Cook for about 5 hours, or until the internal temperature reaches 155 F. Baste occasionally after the first two hours, with the liquid that starts to accumulate in the roasting pan.

If you like to crisp up the skin, carve the chicken in pieces and place under the broiler briefly. It will falling apart, so handle it gently.