

Roast Chicken.



Serves: 4-5

Time: 35 minutes, plus marinating time

1 whole chicken, about 3 1/2 lbs

1 tablespoon salt, plus more as needed

1 teaspoon freshly ground black pepper, plus more as needed

2 lemons

1. Pat the chicken dry using a paper towel. Place the bird on a cutting board, breast side down. Using kitchen shears, cut the backbone out of the chicken and remove any excess fat. Using a heavy knife slice the sternum bone.

Turn chicken back over, breast side up. Press firmly on the breastbone to flatten it; you will feel it pop. Cut between the breasts until the bird is halved through the breastbone.

2. In a small bowl, combine 1 tablespoon salt, black pepper, and the zest of one lemon. Rub the mixture all over the chicken. Place on a rimmed baking sheet and let stand at room temperature for 30 minutes. Alternatively, place in the refrigerator up to 24 hours (this will dry brine the bird making the chicken juicier and tender).

3. Place the chicken on the solid pan lined with parchment paper. Slide the pan into the steam oven on rack position 2 and insert the meat probe into the thickest part of the breast (make sure the end of the probe is plugged into the receptacle). Set the steam oven to Convection Steam Mode at 425°. Set the probe temperature to 165°. When the oven chimes, remove the chicken from oven and let rest for 10 minutes before serving. You do not have to preheat the steam oven.