

Mimi's Sticky Chicken

<http://thedomesticman.com/2012/08/28/mimis-sticky-chicken/>



*1 whole chicken
2 tsp salt
1 tsp paprika
3/4 tsp cayenne pepper
1/2 tsp each powdered onion, powdered
garlic, thyme, white pepper, black pepper
2 medium white onions, quartered*

Gently rinse the chicken in cold water and pat dry. Combine all of the dry ingredients and rub all over the outside and inside of the bird. Place in a ziploc bag overnight.

The next day, preheat your oven to 250 degrees, cut up your onions and place them in the chicken's cavity, then place the bird breast-side-down in a cast iron skillet. Cook the chicken for four to five hours, until the inside temperature passes 155 degrees. After the first hour or so, be sure to baste the pan juices over the chicken every hour. I recommend you remove any liquid from the pan that accumulates to over 1/4", to prevent the chicken from getting waterlogged.

Once the chicken is ready, remove it from the oven and allow it to rest on a cutting board for 5-10 minutes before carving. I use the term "carving" loosely, because this bird will basically fall apart into delicious, bite-sized pieces.