

 Prep: 30 minutes

 Cook: 30 minutes

 4 servings



Dinner

Healthy

Keto

Lunch

Meat & Poultry

Seasonings

Roast Chicken in Cast Iron Skillet

Recipe Notes

Courtesy of America's Test Kitchen Recipes

Ingredients

for 4 servings

- 4 Pound** Chicken cut up with skin on
- 2 teaspoons** paprika
- 2 teaspoons** onion powder
- 2 teaspoons** garlic powder
- 2 teaspoons** coarse kosher salt
- 1 teaspoon** ground black pepper
- 2 tablespoons** unsalted butter

Conversion: Ingredients in US units.

Steps

1. Rinse chicken parts and pat dry. Lay all parts on a sheet tray for seasoning.
2. Mix spices together and liberally sprinkle on both sides of chicken parts.
3. Preheat oven to 450°F with 12" cast iron skillet in oven
4. When oven has reached temperature, remove skillet and place butter in skillet to melt. Add chicken SKIN SIDE DOWN.
5. Place skillet with chicken in oven for 15 minutes. Then, turn all pieces over and bake an additional 15 minutes.
6. After 30 total minutes bake time, check internal temp. Breast should read 160°F and thighs 180°F.
7. Allow chicken to rest for 10 minutes in the skillet. Serve and spoon small amount of pan drippings over the chicken.