

Buttermilk Marinated Roast Chicken

Ingredients:

- 1 whole chicken (4 to 5 pounds)
- Salt (1 teaspoon per 2 pounds of chicken)
- 6 garlic cloves, peeled and smashed
- 1 quart (942 ml) buttermilk (or substitute, see below)

Instructions:

1. Salting the Chicken:

- Measure 1 teaspoon of salt for every 2 pounds of chicken. Sprinkle the salt generously over both sides of the chicken, including inside the thighs, wings, and cavity. Rub the salt in and let the chicken sit for about 20 minutes.

2. Marinating:

- Place the salted chicken in a large ziplock bag or container. Add the smashed garlic cloves. Pour the buttermilk over the chicken, ensuring it is fully covered. Seal the bag and refrigerate overnight (at least 12 hours).

3. Preparing for Roasting:

- The next day, take the chicken out of the bag and wipe off as much buttermilk as possible. Pat it dry with paper towels. Place the chicken in a roasting pan, tie the legs with twine, and tuck the wings under the bird. Let the chicken come to room temperature for 20 minutes.

4. Roasting:

- Preheat the oven to 400°F (200°C). Place the chicken in the oven, with the legs facing diagonally toward the back. Roast for 30 minutes.
- After 30 minutes, turn the chicken so the legs face the other side of the oven. Continue cooking for another 15–20 minutes.
- Check the chicken's color. If it's evenly browned, cover it loosely with foil. Continue roasting until the internal temperature at the thickest part reaches 165°F (74°C), about 70–80 minutes in total.

5. Resting:

- Remove the chicken from the oven and let it rest for 15 minutes before carving.

Buttermilk Substitutes:

- *Option 1:* Combine 1 tablespoon (15 ml) lemon juice or vinegar with 1 cup (247 ml) of milk. Let it curdle for 5 minutes without stirring.
- *Option 2:* Mix $\frac{3}{4}$ cup (177 ml) plain yogurt with $\frac{1}{4}$ cup (59 ml) milk to make 1 cup.

Nutritional Breakdown (Per Serving, based on 6 servings):

- **Calories:** 465 kcal
- **Protein:** 39 g
- **Fat:** 30 g
- **Carbohydrates:** 3 g
- **Fiber:** 0 g
- **Sugar:** 3 g
- **Sodium:** 680 mg
- **Cholesterol:** 165 mg