

Salt Baked Chicken

Ingredients

- 1 T Salt
- 2 t Sugar
- 1 t Ginger Powder
- 1/4 t Turmeric
- 1 T Rice Wine
- 1 Chicken (3-5 lbs.)
- 6 Green Onions (halved)
- 1 Ginger (2-inch, peeled and sliced)

Instructions

- 1.Preheat oven to 400 degrees convection or 425 degrees on bake. Prepare a baking sheet with parchment paper. In a small bowl combine, salt, sugar, ginger powder, five spice, and turmeric. Pour in rice wine and stir again to dissolve. Set aside.
- 2.Cut chicken along both sides of the backbone one side at a time using kitchen scissors. Flip chicken over and flatten out the legs and wings. Press down on the center of the chicken breasts using your hands, until the breastbone cracks and the chicken lays flat. Tug the wing tips under the drumsticks.
- 3.Spread the green onion and ginger slices in the center, to form a bed for the chicken. Place the chicken skin side down. Spread a thin layer of

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spice mix and rub into chicken evenly.

4. Transfer chicken onto prepared green onions and ginger, skin side up. Rub the seasonings over the skin.

5. Bake for 40-45 minutes, until juices run clear when you probe the thickest part of the thigh and breast. Meat thermometer should read 165 degrees at the thigh.

6. Once the chicken is done, let it rest for 10 minutes before carving.