



RAISED IN THE MANITOBA SUNSHINE

FREE RUNNING CHICKENS

FREE OF ANTIBIOTICS • FED A VEGETARIAN DIET
NO ANIMAL BY-PRODUCTS

Paprika and Fennel Seed Roast Chicken

I found this recipe in a *Fine Cooking* magazine and used it for Thanksgiving dinner. If you have smoked paprika on hand, substitute it for the regular paprika.

Paprika and Fennel Seed Butter:

- 6 tablespoons unsalted butter, softened
- 1 tablespoon fennel seeds, toasted and ground
- 1 tablespoon paprika
- 1 tablespoon fresh thyme leaves
- ½ teaspoon kosher (coarse) salt
- ¼ teaspoon freshly ground pepper

Fennel Salt:

- 3 tablespoons kosher (coarse) salt
- 1 tablespoon fennel seeds, toasted and ground
- 1 tablespoon freshly ground pepper

Make the paprika-fennel butter: Put the butter in a bowl. Add the fennel seeds, paprika, thyme, salt and pepper. Mix until well blended.

Make the fennel salt: Combine the salt, fennel seed and pepper in a small bowl. Reserve 2 tablespoons for sprinkling on the chicken and save the rest to pass at the table.

Prepare the chicken

Heat oven to 350°F. Rinse off a Heritage Lane Farms roasting chicken and pat dry. Trim off the wing tips at the first joint. Set the chicken on a work surface and loosen the skin over the breasts by sliding your hands under the skin. Rub all the paprika-fennel butter under the skin, smearing it all over the breast. Brush the chicken skin all over with 3 tablespoons melted butter. Sprinkle 2 tablespoons fennel salt all over the skin of the chicken and inside the cavity.

Place the chicken, breast side up, on a rack in a roasting pan. Roast for one hour and then baste every 20 minutes with the drippings. Continue to roast until an instant read thermometer reads 170°F when inserted in the thickest part of the thighs, 1 – 1 ½ hours more.

Remove from oven, tent with foil and let rest for 20 minutes.

Carve, serve and enjoy. Remember to brag a little about your efforts.



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