

Salt-Crust Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

CRUST

Ingredients

- ☐ 1 chicken
- ☐ 2 bay leaf fresh
- ☐ 4 garlic clove unpeeled
- ☐ 9 pounds kosher salt (three 3-pound boxes)
- ☐ 4 servings salsa
- ☐ 5 thyme sprigs fresh

Equipment

- ☐ frying pan

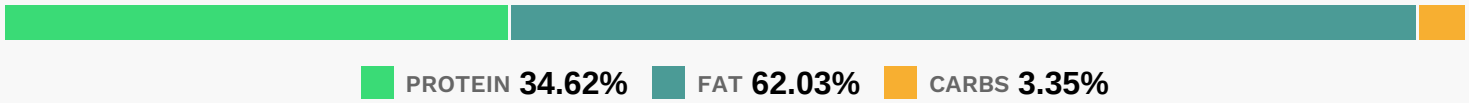
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ pastry brush
- ☐ kitchen twine

Directions

- ☐ Heat an horno or home oven (with the rack positioned in the lower third of the oven) to approximately 500°F.
- ☐ Pat the chicken dry with paper towels.
- ☐ Put the thyme, garlic, and bay leaves in the cavity and truss with kitchen twine.
- ☐ Empty the salt into the sink (or a large basin or bucket if working outdoors).
- ☐ Pour 2 cups of water over the salt and, using your hands, toss to combine.
- ☐ Add more water as needed, a cup or two at a time, tossing until the mixture has the consistency of damp snow.
- ☐ Make a 1-inch-deep bed of salt in a roasting pan and tamp it down.
- ☐ Place the chicken in the center. Stick the probe of a meat thermometer into the thickest part of the thigh. Cover the chicken completely with the remaining salt, tamping it down so that it is completely encased.
- ☐ Transfer the chicken to the oven and roast for 35 to 40 minutes; the internal temperature of the thigh should read 175°F.
- ☐ Spread newspapers on the counter next to the sink.
- ☐ Remove the pan from the oven, place on the newspaper, and let rest for 10 minutes (the internal temperature will rise to about 185°F).
- ☐ Crack the salt crust with a rolling pin or mallet, lift off the pieces, and discard them. With a pastry brush, brush the remaining salt away from the chicken. Carefully pull off the skin from the breasts and legs. Slice off the breasts from the bone and cut into 1/2-inch-thick slices. Slice the meat from the legs and thighs.
- ☐ Arrange the meat on a warm platter and spoon the salsa over the chicken.

From Seven Fires: Grilling the Argentine Way by Francis Mallmann. Copyright © 2009 by Francis Mallmann; photography © 2009 by Santiago Solo Monllor. Published by Artisan, a division of Workman Publishing Company.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:19.923912929452%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 424.61kcal (21.23%), Fat: 28.78g (44.28%), Saturated Fat: 8.22g (51.4%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.25g (1.39%), Cholesterol: 142.83mg (47.61%), Sodium: 395901.38mg (17213.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.15g (72.29%), Vitamin B3: 13.35mg (66.78%), Manganese: 1.17mg (58.43%), Selenium: 29.16µg (41.66%), Vitamin B6: 0.77mg (38.26%), Iron: 5.51mg (30.59%), Phosphorus: 296.16mg (29.62%), Calcium: 285.76mg (28.58%), Zinc: 3.64mg (24.26%), Copper: 0.43mg (21.73%), Vitamin B5: 1.82mg (18.21%), Potassium: 544.05mg (15.54%), Vitamin B2: 0.25mg (14.6%), Magnesium: 55.9mg (13.98%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 482.97IU (9.66%), Vitamin B1: 0.13mg (8.8%), Vitamin C: 6.62mg (8.02%), Vitamin E: 0.96mg (6.43%), Vitamin K: 4.25µg (4.05%), Folate: 13.45µg (3.36%), Fiber: 0.83g (3.31%), Vitamin D: 0.38µg (2.54%)