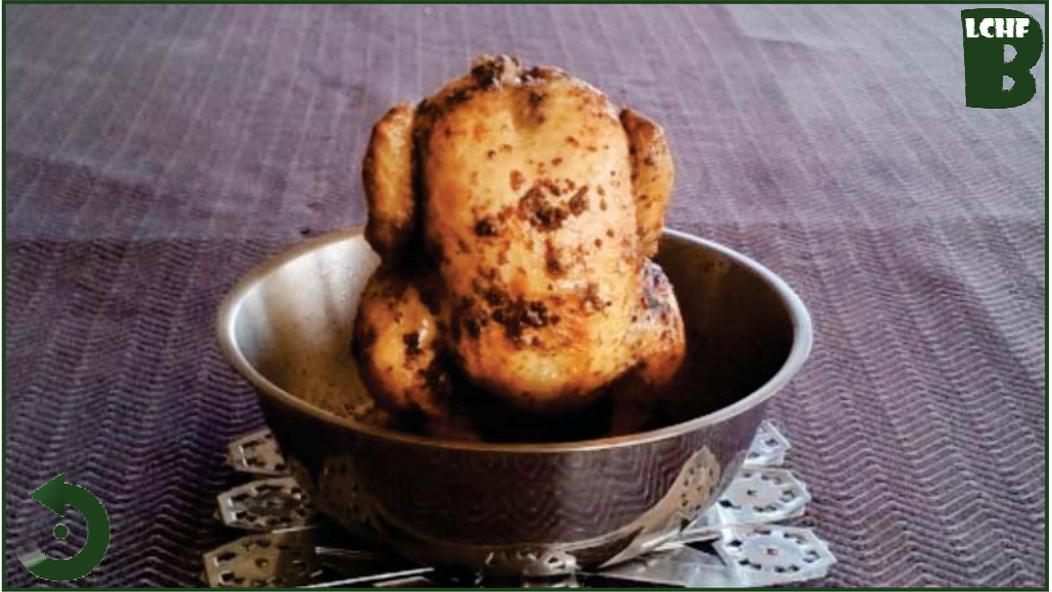




Beer Can Chicken



Servings: 4
Total Time: 2 hrs 15 mins
Cooking Time: 1 hr 45 mins
Resting Time: 15 mins (to relax)
Pre-heat Oven to 190 °C



METHOD

Clean the chicken, remove any innards & pat dry. In a large deep stainless steel dish, prepare a rub by mixing together the olive oil, braai & grill seasoning, green onion seasoning, rosemary & olive seasoning, cayenne pepper & garlic.

Open the beer can, mix 2 Tbsp into the rub & discard a third of the beer.

Smother the chicken all over with the rub, inside & out, and tuck in the wings.

Punch a few holes in the sides of the beer can near the top and place it in the stainless steel dish. Perch the chicken on top of the can positioning the can & chicken legs to form a stable tripod.

Bake for 30 mins, reduce the oven to 170 °C and cook for a further 1 hr 15 mins while rotating the chicken in a half circle and basting with the juices every 30 mins.

Turn off the oven and let it rest in the oven for 15 mins before serving. To serve, carve the chicken and drizzle with pan juices.

INGREDIENTS

1 whole chicken
 (1-1,2kg; between 250-300g per person)



3 Tbsp light olive oil
 1 Tbsp braai & grill seasoning
 1 Tbsp green onion seasoning
 1 Tbsp rosemary & olive seasoning
 1 tsp cayenne pepper
 1 tsp finely chopped garlic



330-340ml can beer
 (at room temperature)

TIP

Create a tin foil 'tent' to cover half the height of the chicken and place on top for the first hour to prevent over-browning.

