

Mothers Sticky Chicken

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Yield: 4 to 6 servings

1 three pound whole chicken
2 teaspoons salt
1 teaspoon paprika
3/4 teaspoon red cayenne pepper
1/2 teaspoon onion powder
1/2 teaspoon thyme
1/4 teaspoon white pepper
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1 cup chopped onion

Preheat the oven to 250 degrees.

In a small bowl, combine the salt, paprika, cayenne, onion powder, thyme, white pepper, garlic powder and black pepper.

Wash and dry the chicken, inside and out, pulling off any excess fat. Rub the spice mixture into the chicken skin and inside cavity. Place in a plastic bag and seal. When ready to bake, remove from the bag.

Chop the onion and place in the chicken's cavity. Place the chicken in a roasting pan.

Roast for four to five hours, basting once the chicken and onions have produced a juice. (The chicken will practically fall apart and be a dark, toasty brown.)

Serve over rice.

(The chopped onion is not tasty and should be discarded when carving.)

Per Serving (excluding unknown items): 2311 Calories; 156g Fat (62.1% calories from fat); 194g Protein; 20g Carbohydrate; 4g Dietary Fiber; 941mg Cholesterol; 5003mg Sodium. Exchanges: 1/2 Grain(Starch); 26 Lean Meat; 2 1/2 Vegetable; 14 1/2 Fat.