

GRILLED ROTISSERIE CHICKEN



INGREDIENTS:

- Whole Chicken
- 1 small red onion
- 3-4 garlic cloves
- ½ cup cilantro
- Salt & Pepper
- Barbecue Sauce (optional)

EQUIPMENT:

- Cooking twine
- Baking pan
- Rotisserie grill attachment
- Basting brush

DIRECTIONS:

1. Rinse chicken under cold water & trim any excess fat around the neck & tail.
2. Vegetable stuffing: dice onion, garlic, & cilantro. Carefully stick your fingers between the skin of the chicken & breast meat to create an opening. Stuff the vegetable mixture beneath the skin of chicken & rub it inside the chicken as well.
3. Truss the chicken with cooking twine sealing the cavity of chicken to ensure even & slow cooking. See Video Below.
4. Remove the grill grates from grill & place a shallow baking pan in their place to catch drippings & prevent flare-ups. Set the grill for medium-high to high heat & preheat to 375°F.
5. Secure the chicken to rotisserie spit & turn on rotisserie motor.
6. Baste chicken with drippings or/& coat chicken with your favorite BBQ sauce at 20 to 30 minute intervals throughout the cooking process.
7. Let chicken cook over indirect heat until the thickest part of the thigh reaches 165°F & has a deep golden skin (1 to 2 hours depending on size).
8. Remove the chicken from the grill & let it rest for at least 15 minutes.
9. DIG IN & ENJOY!