

# Whole Chicken

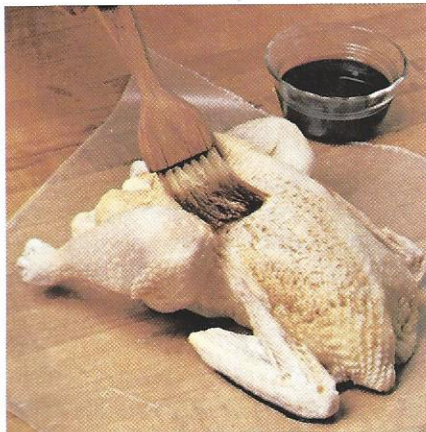
## MICROLESSON

When microwaving a whole chicken, be sure to select a young, plump tender bird. The skin should be smooth and have a pale, creamy color tinged with pink. If you are in doubt, choose a broiler-fryer. Avoid chickens with thick, bumpy skin and large amounts of bright yellow fat.

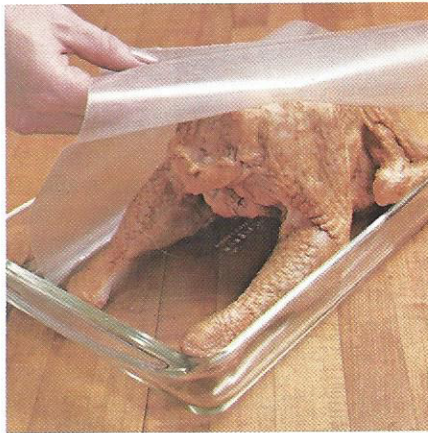
## HOW TO MICROWAVE A WHOLE CHICKEN

POWER LEVEL: **Medium High (7)**

**9 to 10 Minutes Per Pound**



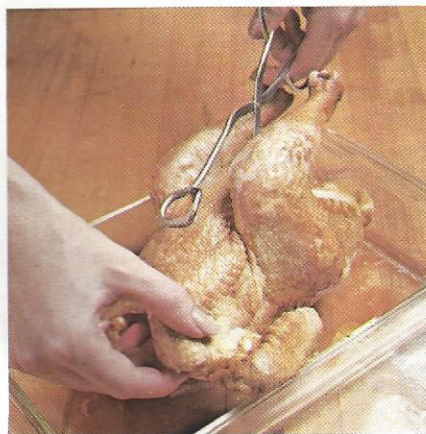
**Brush** chicken with a mixture of 1 tablespoon brown bouquet sauce and 1 tablespoon melted butter.



**Place** breast side down in cooking dish. Cover with wax paper.



**Microwave** ½ of total time. Trivet is optional, but may be used if dry lower surface is desired.



**Turn** chicken breast side up after first ½ of microwave time.



**Shield** wings and legs to prevent overcooking; recover. Microwave last ½ time. Let stand 5 to 10 minutes.



**Test** for doneness by cutting skin between inner thigh and breast. Meat should show no trace of pink, and juices should run clear.