

Whole Chicken

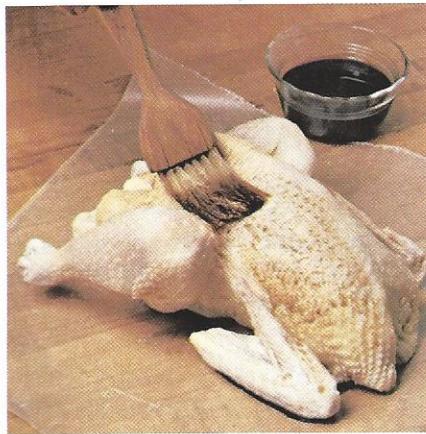
MICROLESSON

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



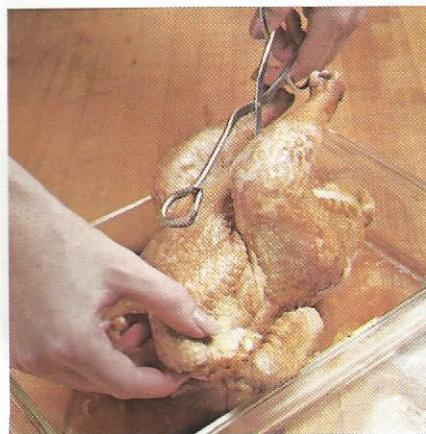
Brush chicken with a mixture of 1 tablespoon brown bouquet sauce and 1 tablespoon melted butter.



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



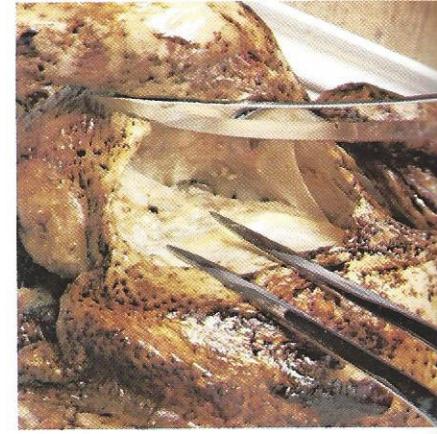
Microwave $\frac{1}{2}$ of total time. Trivet is optional, but may be used if dry lower surface is desired.



Turn chicken breast side up after first $\frac{1}{2}$ of microwave time.



Shield wings and legs to prevent overcooking; recover. Microwave last $\frac{1}{2}$ 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.