

----Inline Attachment Follows----

Maple-Thyme Roast Chicken:

ingredients:

4-lb whole chicken, rinsed and patted dry  
1/3 c. maple syrup  
2 tbs veg oil  
2 tbs balsamic vinegar  
1 tbs chopped fresh thyme  
1/8 tsp cayenne

-heat oven to 400

cut backbone out of chicken, flip over and press down on breasts with heels of palms to flatten chicken. rub with salt and pepper, set it breast side up in a 9x13 inch baking dish (should be snug)

Whisk syrup, oil, vinegar, thyme, and cayenne with 1 tsp salt in a small bowl; pour over chicken. roast chicken and baste every 10-15 min. roast 45-50 min (i usually do a little less because i like things on the underdone side) with a meat thermometer, should be 170-175 degrees in the thigh.

the end.