

BEER CAN CHICKEN



Sitting Pretty!

Here's a technique that delivers great tasting chicken and makes for a lively conversation starter as well

Beer Can Chicken combines the flavours of a great spice rub with the flavours steamed out of the beer can.

Ingredients:

- 1 whole chicken (4-5 pounds)
- 1 12 ounce can beer (room temperature)
- 2 cloves garlic, crushed
- 2 sprigs fresh rosemary
- 2 teaspoons olive oil
- 2 sprigs fresh thyme
- 1/2 teaspoon red pepper flakes, crushed (optional)

For Rub:

- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped
- 1/2 teaspoon black pepper, ground
- 1/2 teaspoon lemon zest

Preparation:

Combine all rub ingredients in a small mixing bowl. Set aside.

Remove giblets and the neck from chicken. Sprinkle all over with rub, including cavity.

Open can of beer and as you only need half of it, drink one half and enjoy!

Place garlic, rosemary, thyme, oil and pepper flakes in it.

Make sure ventilate the top of beer can (punch additional holes).

Place chicken on top of can.

Preheat grill.

Place bird(s) on the BBQ grill balanced by the beer cans.

Grill over indirect medium heat for 1 - 1 1/2 hours until internal temperature of thigh is 180 degrees. (Keep an eye on it as cooking time differs depending on weight of chicken and temperature of the BBQ)

Remove chicken when finished cooking and let sit (with beer can still intact), for 10 minutes before carving.