

Chinese Roast Chicken

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 4

*1 3-1/4 pound whole chicken
1 cup soy sauce
1 tablespoon sherry
1 tablespoon honey
4 cloves garlic, crushed
1 tablespoon fresh ginger, minced
1/4 cup scallions, finely chopped*

In a bowl, combine the soy sauce, sherry, honey, garlic, ginger and scallions. Mix well.

Rub the cavity and outside of the chicken with the sauce.

Place the chicken in a pan or large plastic bag. Add some sauce and refrigerate for one hour. Turn the chicken several times to marinate.

Preheat the oven to 375 degrees.

Remove the chicken from the sauce (reserve the sauce for basting). Place the chicken, breast side up, in a shallow roasting pan with a rack.

Bake for 55 to 60 minutes, uncovered, basting every 20 minutes with the reserved sauce.

Cut the chicken into serving-size pieces.

Per Serving (excluding unknown items): 609 Calories; 38g Fat (57.3% calories from fat); 51g Protein; 13g Carbohydrate; 1g Dietary Fiber; 229mg Cholesterol; 4295mg Sodium. Exchanges: Lean Meat; 2 Vegetable; 3 1/2 Other Carbohydrates.