



Sesame-Crusted Roast Chicken

Servings: **6 servings**

So much crispier than grocery store rotisserie chicken and just as easy. It all happens in your cast iron skillet.

Ingredients

- 1/3 cup reduced-sodium soy sauce or tamari sauce
 - 2 tablespoons toasted sesame oil
 - 2 tablespoons sesame seeds
 - 1 tablespoons fresh ginger, grated
 - 4 cloves garlic, minced
 - 1 (3 to 4 pound) whole chicken
 - 1 pound new yellow or red potatoes, scrubbed and halved (quartered if large)
 - 1/3 cup reduced-sodium chicken broth, optional
 - 2 tablespoons parsley, coarsely chopped
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Directions

Preheat oven to 425°F.

In a small bowl whisk together soy sauce, 1 tablespoon of sesame oil, sesame seeds, ginger, garlic, and (1 teaspoon freshly chopped black pepper) set aside.

Pat chicken dry; season with 1 teaspoon salt. Fold legs up over breast. Tie legs together with kitchen string. Twist wing tips under back.

Heat a 12-inch cast iron skillet over medium high heat until very hot, 3 to 5 minute. Add remaining sesame oil to skillet; heat 30 seconds. place chicken breast side down in skillet; sear 3 minutes or until golden and crusty. Turn chicken over and sear 3 minutes more. Remove from heat.

Scatter potatoes around chicken. Pour soy-sauce mixture over chicken and potatoes. Roast 1 hour 15 minutes to 1 hour 30 minutes or until a thermometer inserted in the thighs registers 175°F stirring potatoes and spooning the skillet drippings over chicken once or twice during cooking. If sauce evaporates during roasting, add broth. Remove chicken from oven.

Cover chicken; let rest 5 minutes. Sprinkle potatoes with parsley before serving.

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