



RAISED IN THE MANITOBA SUNSHINE

FREE RUNNING CHICKENS

FREE OF ANTIBIOTICS • FED A VEGETARIAN DIET
NO ANIMAL BY-PRODUCTS

Beer Can Chicken

Basics:

The basic process is to take a half full can of beer with the top cut off or several extra holes pierced on top. Place the chicken over it so that the beer can is inside the chicken. Since it's advent, people have begun adding all kinds of spices and extras to the beer to make it more flavorful. Generally, you will see garlic, cayenne, diced onions, or cumin added but you can use almost anything you want to. Grill the chicken over indirect heat. Always put something under the chicken like foil or a baking dish to catch the drippings.

Why Beer?

Why does this work so well? First of all, you are adding a source of moisture to the chicken that keeps it from drying out. Second, you are adding beer. Now, more than the fact that beer is good, the yeast and malt found in beer reacts with the chicken, particularly the skin, making it thin and crispy while the meat remains juicy.

Accessories:

The biggest problem you might run into is the chicken tipping over. The weight of a half full can of beer just isn't enough to keep the chicken standing, especially if you are doing a large bird. But never fear, Canadian Tire, Walmart, The Dollar Store and others all carry inexpensive special beer can chicken pans.

Ingredients:

- 1 whole chicken (6-7 pounds)
- 1 12 ounce can beer (room temperature)
- 2 cloves garlic, minced
- 2 sprigs fresh rosemary
- 2 teaspoons olive oil
- 1 teaspoon dried thyme
- 1/2 teaspoon red pepper flakes, crushed
- Juice of 1 lemon

For Rub:

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

PREPARATION:

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

Remove the neck from chicken. Sprinkle all over with rub, including cavity. Open can of beer and drink or discard half of it. Place, minced garlic, rosemary, thyme, lemon juice, and pepper flakes in it. Make sure to pierce two more holes on the beer can top. Place chicken on top of can.

Preheat grill. Place chicken and beer on pan. Grill over indirect medium heat for 2 to 2 ½ hours until internal temperature of thigh is 180 degrees. Remove chicken when finished grilling, tent with foil and let sit (with beer can still intact) for 10 minutes before carving.

Tip:

Plug up the chicken neck hole with a small potato. This keeps more of the moisture in the cavity and the potato cooks at the same time.



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