



RAISED IN THE MANITOBA SUNSHINE

FREE RUNNING CHICKENS

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

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## Paprika and Fennel Seed Roast Chicken

I found this recipe in a *Fine Cooking* magazine and used it for Thanksgiving dinner. If you have smoked paprika on hand, substitute it for the regular paprika.

### Paprika and Fennel Seed Butter:

- 6 tablespoons unsalted butter, softened
- 1 tablespoon fennel seeds, toasted and ground
- 1 tablespoon paprika
- 1 tablespoon fresh thyme leaves
- ½ teaspoon kosher (coarse) salt
- ¼ teaspoon freshly ground pepper

### Fennel Salt:

- 3 tablespoons kosher (coarse) salt
- 1 tablespoon fennel seeds, toasted and ground
- 1 tablespoon freshly ground pepper

**Make the paprika-fennel butter:** Put the butter in a bowl. Add the fennel seeds, paprika, thyme, salt and pepper. Mix until well blended.

**Make the fennel salt:** Combine the salt, fennel seed and pepper in a small bowl. Reserve 2 tablespoons for sprinkling on the chicken and save the rest to pass at the table.

### Prepare the chicken

Heat oven to 350°F. Rinse off a Heritage Lane Farms roasting chicken and pat dry. Trim off the wing tips at the first joint. Set the chicken on a work surface and loosen the skin over the breasts by sliding your hands under the skin. Rub all the paprikafennel butter under the skin, smearing it all over the breast. Brush the chicken skin all over with 3 tablespoons melted butter. Sprinkle 2 tablespoons fennel salt all over the skin of the chicken and inside the cavity.

Place the chicken, breast side up, on a rack in a roasting pan. Roast for one hour and then baste every 20 minutes with the drippings. Continue to roast until an instant read thermometer reads 170°F when inserted in the thickest part of the thighs, 1 – 1 ½ hours more.

Remove from oven, tent with foil and let rest for 20 minutes.

Carve, serve and enjoy. Remember to brag a little about your efforts.



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