

Original recipe from Carol L Brunk

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## Baked Orange Whole chicken with Orange Rice

Prep time for meal: 2 hr

Bake time: 1 hour 38 min. for chicken

Stove top time: 10-15 min. for rice – depending on stove (cook during 30 min bake of chicken)

### Ingredients:

1 – Medium size thawed raw whole chicken

¼ tsp salt and pepper mixture of equal portions for *chicken*

2 large Naval or Caracara Oranges (sliced whole slices with 2 slices sliced in half for 4 halves for chicken and ¼ cup of orange peel from both end pieces with a 1 inner slice of piece of one slice)

2 cups of white long grain rice

4 cups of water

¼ tsp salt and pepper mixture of equal portions for *rice*

### Directions:

Preheat oven 375 – Prebake chicken for 30 min.

Foil baking pan on the bottom with foil fold in middle.

Prep chicken by rinsing in cool water and remove skin except for legs and wings, rinse again.

Tie wings to the back with string.

Place chicken with breast side up on foiled baking pan.

Bake UNCOVERED for 30 min.

### Make rice on stove top- during prebake of chicken for baking with chicken

Combine 2 cups of rice and 4 cups of cold water with ¼ cup of orange peel and 1 inner slice of piece of one slice in water. Cook on medium heat, stir often. Cook to a low simmer and place lid on. Rice is done cooking when all rice absorbs water.

Remove from stove top. Place to the side.

### After 30 min. of baking chicken, pull from oven see below before baking the additional 1 hour and 8-10 min.

Poke holes with a fork all over the chicken including legs and wings (if exposed if string breaks).

Sprinkle ¼ salt and pepper mixture all over chicken.

Place whole orange slices on top and ½ orange slices propped against body and whole slice on legs and wings, place rice on top of oranges.

Place foil over top and completely **cover** pan and seal all sides.

Bake in oven additional 1 hour and 8 to 10 min.

After 1 hour and 8 to 10 min. pull from oven.

Note: If rice is too moist place back in the oven UNCOVERED 5 min. – NO more to avoid over cooking chicken.

Hint: Poking holes in the skinless chicken after 30 min. lets the chicken absorb the orange flavor of the oranges into the meat of the chicken.