



# Perfect Simple Citrus Chicken

BY CHEF NINA COMPTON

SERVES 2

## KNOW AHEAD:

This recipe calls for an overnight marinade.

## INGREDIENTS →

1 Perfect Simple Citrus Chicken

Seasoning Card:

- 1½ tsp (3 pods) Smoked Pimentón  
Paprika Powder
- 1 tsp (2 pods) California Garlic Powder
- ½ tsp (1 pod) Madras Curry Powder
- ½ tsp (1 pod) Rosemary

## FRESH

- 1 habanero chile
- 1 cup orange juice
- 1 cup lime juice
- 1 whole 3 lb chicken, with giblets removed

## PANTRY

- 2 Tbsp honey
- 1 cup olive oil

## SUBSTITUTIONS →

### WHOLE CHICKEN: If

preferred, other cuts of chicken such as bone-in, skin-on thighs or breasts can be used. In this case, you could also grill the chicken as an alternative to roasting it

### FRESH HABANERO CHILE:

Sub with ½ - 1 tsp habanero, to taste

## SERVE WITH →

- Carribbean Creole Risotto
- Compère Lapin's Jerk Buttered Corn

RECIPE SEASONING CARDS  
BY CHEF NINA COMPTON  
AVAILABLE AT [EATOCCO.COM](http://EATOCCO.COM)

## INSTRUCTIONS

**1. MARINATE:** If using fresh, stem the habanero and remove the seeds. Add the chile to a blender, along with the orange juice, lime juice, honey, olive oil, 3 Smoked Pimentón Paprika pods, 2 California Garlic Powder pods, 1 Madras Curry Powder pod, and 1 Rosemary pod. Blend to a smooth marinade, just until smooth and combined. Place the chicken in a large ziplock bag and pour the marinade over the chicken and tightly seal the bag. Gently massage the chicken with the marinade through the bag and refrigerate overnight.

**2. ROAST:** The next day, heat the oven to 375°F. Remove the chicken from the bag and place it in the center of a roasting pan, breast-side up. Save the excess marinade from the bag. Roast for 30-40 minutes, until it has reached an internal temperature of 165°F. Use the excess marinade and pan juices to baste the chicken during cooking. If you don't have a thermometer, you can also check by using a knife to cut into the thigh, near the bone – if the juices run clear when cut, the chicken should be done. Once finished, remove the chicken from the oven and let it rest in the pan for 20 minutes before carving. This is important! If you carve the chicken too soon, the juices won't settle into the meat, giving it that extra juicy texture.

**3. CARVE:** Use a large sharp knife to first cut the legs off: Working with the leg closest to you, start by looking for the skin between the drumstick and the body of the bird. It helps to pull or wiggle the drumstick by its top bone a bit. Cut this skin. Below will be a gap and you will be able to see the thigh. Now we are going to look for the joint where the thigh connects to the bird. If you don't see it, pull or wiggle the whole leg to see where it connects to the body of the bird. Cut right through this joint and pull the entire leg off. Cut the drumstick from the thigh section if desired. Repeat on the other side.

Next, we are going to carve the breasts. Find the center breast bone, and start by cutting down on one side, as close to the center breast bone as possible so you don't lose any meat. Cut straight down until your knife is stopped by bone, then cut in an angled, downward motion underneath the breast to release the meat from the rib cage. Repeat this on the other side. Slice the breast meat into desired portions. (For visuals on how to carve the chicken, check out [this video ↗](#))

**4. PLATE:** Serve portions of carved chicken over Caribbean Coconut Risotto or alongside Compère Lapin's Jerk Buttered Corn and eat until *occo!*

**5. PRESERVE:** Leftover cooked chicken will keep in a tightly sealed container in the fridge for 5 days.

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*