



The Incredible 30-Minute Chicken Show

Show Tips

Before the Show:

- Check with hosts to make sure they have a microwave oven with a **built-in turntable** in their kitchen. A microwave oven that is large enough for the **Deep Covered Baker** to turn freely is recommended for this recipe.
- If using a microwave oven **without a built-in turntable**, **turn baker once** halfway through cooking.
- To accommodate the baker, the interior dimensions of the microwave need to be at least **13 inches wide, 13 inches deep and 7 inches high**. Ask hosts to measure the inside of their microwaves for you.
- In addition, ask hosts to look inside their microwave and find the UL label which lists the wattage. (The UL label is usually silver and is located on the inside walls or door.) This information will be helpful for you to determine if the time range in the recipe needs to be adjusted. This recipe was developed based on testing in microwave ovens ranging **from 1000 to 1350 watts**.
- Because microwave ovens can vary greatly, the **cooking time may need to be adjusted**. Be sure to take the temperature of the breast meat using a Pocket Thermometer to assure doneness.
- For the most even cooking, **use a completely thawed chicken** for this recipe. If the chicken has been previously frozen, rinse away any ice crystals from inside of cavity.

Additional tips:

- Because the microwave does not provide a dry-heat cooking method, the chicken in this recipe will not brown. However, the flavorful seasoning mixture includes **a bit of paprika to give an appealing color to the chicken**.
- One to two tablespoons of any Pampered PantrySM Seasoning Mix or Rub, such as **Southwestern Seasoning Mix**, **Rosemary Herb Seasoning Mix** or **Citrus & Basil Rub** can be used to flavor the chicken. Omit seasoning mixture in recipe.
- When a recipe calls for **shredded or diced cooked chicken**, follow directions for *Lightened-up 30-Minute Chicken*. By applying seasoning directly on the skinless chicken, the maximum flavor of the seasoning will be retained and not discarded along with the skin.

30-Minute Chicken

Show Tips (continued)

- Due to the size and shape of the Deep Covered Baker and the juices that accumulate in the bottom, the chicken in this recipe **cooks from the bottom up**, which is a great benefit. Typically, the thighs are the last to cook when roasting a whole chicken in the oven and the breast meat can become overcooked and dry before the thighs are done. Using this method, the thighs cook first and the breast cooks last. Using a meat thermometer in the breast ensures a moist and perfectly done chicken throughout.
- In this recipe, our **Test Kitchens recommend** that the **chicken be cooked uncovered**. In testing, they found that the covered chicken took an additional 10 minutes to cook and did not increase the moisture or improve the chicken. Once the chicken is cooked, the baker is covered to keep the chicken warm while it rests, allowing the juices to redistribute in the meat. This is commonly known as “standing time” and is a crucial step to maintain the juices in the chicken when carving.
- Because a good deal of the fat in chicken is found in the skin, simply **removing the skin** after cooking will **eliminate nearly half of the fat**. For best “skinless” results, remove skin before cooking and rub the chicken with one of our Pampered PantrySM Seasoning Mixes or Rubs.