



FOOD. WORTH. EATING.

INSTANT POT

- 1 whole (4lb.) organic chicken
- 1 Tablespoon Organic Virgin Coconut Oil
- 1 teaspoon paprika
- 1½ cups Organic Bone Broth (Chicken)
- 1 teaspoon dried thyme
- ¼ teaspoon freshly ground black pepper
- 2 Tablespoon lemon juice
- ½ teaspoon sea salt
- 6 cloves garlic, peeled

DIRECTIONS:

1. In a small bowl, combine paprika, thyme, salt, and pepper. Rub seasoning over outside of bird.
2. Hit the saute function on pressure cooker. Heat oil in the pressure cooker to simmering. Add chicken, breast side down, and cook 6-7 minutes.
3. Flip the chicken and add broth, lemon juice, and garlic cloves.
4. Lock pressure cooker lid, press manual, and set for 25 minutes on high pressure.
5. Let the pressure cooker release naturally.
6. Remove from pressure cooker and let stand for 5 minutes before carving.

ROASTED CHICKEN LEGS & THIGHS

- Farm 58 chicken wings
- ¼ cup Extra Virgin Olive Oil
- 1 Tablespoon Lemon Juice
- Salt and Pepper



DIRECTIONS:

1. Preheat oven to 250 degrees
2. Place chicken wings in a large bowl.
3. Pour olive oil, lemon juice, salt, and pepper (any other spice or sauce you would like) over the chicken.
4. Mix until chicken is coated.
5. Place on a cookie sheet.
6. Put in the oven for 2-3 hours.
7. Lastly, turn the oven up to broil for 5-7 minutes to finish in the oven or you can finish them on the grill.





FOOD. WORTH. EATING.

ROASTED WHOLE CHICKEN

- Whole Farm 58 Chicken
- Extra Virgin Olive Oil
- Salt and Pepper



DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Place Whole Chicken on rack in a roasting pan. Also, you can place Root vegetables on bottom of glass pan, or wire rack on bottom of cookie sheet, and place chicken on those.
3. Rub olive oil all over the outside of the chicken.
4. Sprinkle salt and pepper all over the outside of the bird.
5. Sprinkle salt and pepper on the inside of the chicken.
6. Cook for 20 minutes a pound.
7. Cut at the leg joint. If the joint liquids are clear or broth color the chicken is finished. If it has blood color, please place it back in the oven and check every 10 minutes or so.

CHICKEN BREAST

- 4 boneless chicken breast halves with skin or skinless
- Salt and pepper to taste
- 1 Tablespoon chopped fresh herbs (thyme, parsley, rosemary) (optional)
- 2 Tablespoons olive oil
- 1/4 Cup apple cider vinegar
- 4 Tablespoons cold butter, cut into small pieces
- 1 Tablespoon chicken broth (or water), if needed to thin sauce

DIRECTIONS:

1. Season chicken on both sides with salt and pepper.
2. Heat olive oil in a heavy skillet over medium-high heat until it starts to simmer. Place chicken breasts in skillet skin side down. Sprinkle with fresh herbs. Do not disturb the breasts until the skin side sears, 5 or 6 minutes. Turn chicken.
3. Cook until internal temperature reaches 150 degrees F, about 5 minutes. Add vinegar and butter to pan with chicken. Shake pan gently until butter melts and internal temperature of chicken reaches 160 to 165 degrees F, 2 to 3 minutes more. Add a splash of chicken broth or water if sauce needs to be thinned.

ROASTED CHICKEN WINGS

- Whole Farm 58 Chicken
- 1/4 Cup Extra Virgin Olive Oil
- Salt and pepper



DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Place chicken thighs and legs in a large bowl.
3. Pour olive oil, salt, and pepper over chicken. Mix to cover.
4. Place chicken on cookie sheet or glass pan.
5. Cook for about 30-40 min.
6. Let cool and enjoy!

