

Kitchen Korner

Bringing Brick Oven Results Home

(NAPSA)—Here's food for thought: The secret to great cooking may not be just in the ingredients and technique, but in the heat as well. Chefs say the type of heat used to cook makes a difference in the taste of virtually every dish (ever wonder why your roast chicken doesn't taste like Grandma's? It could be the type of heat your oven gives off).

So what type of heat is best? Peter Reinhart, a master bread baker and instructor at Johnson & Wales University, says brick oven heat is tops. He uses a device called the HearthKit™ to duplicate the brick oven heating style in his conventional oven—and home-cooks across the country have followed suit.

The three-sided insert fits into most home ovens. Like a brick oven, it retains heat in its brick floor and ceramic sides, resulting in three types of heat: radiant, conductive and ambient (hot air). The HearthKit also maintains an even heating temperature—most home ovens don't.

The New York Times recently described the breast meat of a chicken roasted in the HearthKit as “intensely creamy and juicy, providing slices that tasted like sheets of velvet.” Here's the recipe:

Hearth Roasted Chicken

3½ - 4 pound chicken
salt and pepper
3 to 4 tablespoons olive oil



Create the effects of a brick oven in a home kitchen with the “cult cooking tool of the year”—*Wall Street Journal*.

1. Preheat oven and Hearth Kit to 450°F.

2. Wash the chicken under cold running water. Dry with paper towels. Generously, season chicken cavity with salt and pepper.

3. Brush the chicken with the olive oil and season the surface with more salt and pepper.

4. Place the chicken in a small flat roasting pan. Place it in the oven so that the legs face the back of the oven.

5. Roast for 45 minutes to 1 hour or until an instant-read thermometer inserted into the chicken breast reads 170° to 180°F.

This unique cooking tool weighs about 35 pounds and comes in three sizes. It can be installed and removed without any special tools and with little effort. For more information call 1-800-383-7818 or visit www.hearthkitchen.com.