

ROASTED CHICKEN

with herbs, garlic, and lemon

This simple, delicious, comforting Roasted Chicken is a staple in our home. I make it every other week and use it as the base for soups, salads, etc. It always feel wonderful to place a beautifully roasted chicken on the table; it seems like something a proper housewife might do.

Ingredients.

1 whole chicken
juice of 3-4 lemons
1 lemon, sliced
large handful of fresh herbs, thyme, rosemary, parsley (whatever you have on hand)
1 head of garlic cloves, peeled
extra virgin olive oil
kosher salt
freshly ground black pepper

Directions.

Clean the chicken, inside and out, by scrubbing it with a good amount of kosher salt. Rinse it under cold water, and pat it dry with paper towels. Using a pair of poultry or kitchen shears, cut out the backbone. Set the backbone aside for making stock, or discard.

In the bottom of a roasting pan or casserole dish, place a pile of herbs and fan out one lemons' worth of lemon slices. Place the chicken, breast side up, over the herbs and lemon slices. Toss the peeled garlic cloves into the pan between the drumstick (you want them exposed, not tucked under the bird).

Pour the lemon juice slowly over the chicken, drizzle it with a good amount of olive oil (I use about 1/3 cup). Season the chicken and the garlic cloves generously with salt and pepper.

Cover the chicken tightly with aluminum foil and pop it in the fridge for a few hours... it doesn't *have* to sit and marinate but it's great if possible.

When you're ready to cook the chicken, take it out of the fridge and preheat your oven to 450°F. When the oven is heated, place the covered chicken in and roast for 30 minutes. After the first 30 minutes, remove the foil, baste the chicken with the juices in the pan, and return it to the oven for another 30 minutes. Then, baste it one last time and check the temperature. The size of the chicken you have will vary this final cooking time... generally a 5lb. chicken will take another 30 minutes or so.

I pull my chicken from the oven with the breast temperature is 170°F. Be sure to let the chicken rest for ten minutes or so before carving it up. Serve it along with the roasted

garlic cloves, or my crispy oven roasted potatoes (which use the garlic cloves from the chicken)!

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