

Roasted Chicken

Sources: Julia Childs & Cooks Illustrated

Modified By: Michael D'Attilo

Cook Time: ~2.5 Hours

Ingredients

Chicken

1 3.5lb - 4lb Chicken

(Note: 'Air Dried' is the most important property to look for in a quality chicken)

2 tbsp unsalted butter, soft

1/2 cup salt

1 tbsp olive oil

pepper

Vegetables

1tbsp unsalted butter

1/3 cup carrots, diced

1/3 cup onion, diced

1/3 cup celery, diced

2 fresh thyme sprigs

Handful of fresh parsley stems

Handful of celery leaves

Six 1/8-inch-thick lemon slices

1 cup onion sliced

1 cup carrots sliced

1 cup celery sliced

1/4 cup chicken broth

Braising & Gravy

1 tbsp fresh lemon juice

1/2 cup of water to help veggies from burning if needed

1/2 cup chicken broth

Instructions

Dissolve salt in 2 quarts cold water in large container. Submerge chicken in brine, cover, and refrigerate for 1 hour. Remove chicken from brine and pat dry with paper towels.

Meanwhile, Melt 1 tablespoon of the butter in a skillet. Add the diced carrots, onion, and celery then cook over medium heat until softened; add the thyme sprigs.

When chicken is ready, heat oven to 425 degrees. Mix 2 tbsp butter together with a small amount of pepper. Use your fingers to gently loosen center portion of skin covering each breast; rub butter under skin, directly on meat in center of each breast (being careful not to coat the outside of the skin). Gently press on skin to distribute butter over meat. Tuck wings behind back. Rub skin with oil.

Salt and pepper Chicken cavity and spoon in cooked vegetables, a handful of parsley stems, celery leaves, and the lemon slices. Truss the Chicken as tightly as possible, tying legs together and sealing cavity as much as possible.

Lay remaining carrots, onion, and celery in bottom of roasting pan, along with 1/4 cup chicken broth. Place oiled V-rack on top of roasting pan, Place chicken, wing side up, on prepared V-rack. Roast in oven for 30 minutes.

After 30 minutes, Open oven and rotate chicken so that other wing side faces up. Braise chicken with 1tbsp fresh lemon juice. Add more broth or water to vegetables if they seem to need it. Continue to roast until breast registers 160 degrees and thighs register 175 degrees, about 25 to 30 minutes longer.

Transfer chicken to carving board and let rest for 15-20 minutes. Meanwhile, strain juices and fat from chicken pan with remaining 1/2 cup chicken broth, and simmer over medium heat until reduced and syrupy. Serve chicken with gravy and cooked vegetables.

Revision #2

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