

Chef Feker's Citrus Roasted Chicken

Serves 4

Ingredients

1 (3.5 to 4 lb) roasting chicken
4 cloves garlic, diced
2 Tbsps olive oil
1 bunch Italian parsley, chopped (stems reserved)
2 large sprigs fresh thyme, chopped (stems reserved)
1 sprig fresh rosemary, chopped (stems reserved)
2 sprigs fresh oregano, chopped (stems reserved)
Zest of 2 lemons
4 lemons (2 left whole, 2 sliced in rounds)
2 Tbsps butter, diced and room temperature
1 cup white wine
1 tsp corn starch
½ cup chicken stock
Kosher salt
Freshly ground black pepper
2 carrots, cut length wise and cut in half width wise

Directions

Preheat the oven to 300 degrees. Clean the bird inside and out. Rinse the chicken well. Pat the outside dry. Place the chicken in a large roasting pan. Combine 1 teaspoon of salt, generous amount of fresh ground pepper, all chopped herbs, chopped garlic, butter, lemon zest, juice of one of the zested lemons and mix all ingredients together with back of a fork to a paste.

With the tip of your fingers curved inwards, gently create a space between the skin of the bird and the meat and spread the paste evenly between the skin and flesh through the entire bird. Cut 2 of the lemons in rounds and place under the skin of the bird. Season the cavity with generous salt and pepper and place the reserved stems of your herbs in the cavity, as well.

Brush the outside of the chicken with the olive oil and sprinkle with more salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken. Lift the bird, place carrots apart in the pan and set the bird on the carrots.

Place the roasting pan in the middle rack of the oven. Roast the chicken for 1 hour at 300 degrees. Increase temperature to 475 degrees without opening door and continue roasting the chicken for an additional 30 minutes, or until the juices run clear when you puncture between a leg and thigh. Remove to a platter and cover with aluminum foil while you prepare the gravy.

Remove all fat from the bottom of the pan except 1 tablespoon. Chop the carrots and return to pan. Sprinkle the corn starch and cook for a minute. Add the wine and chicken stock and scrape the bottom of the pan with a heat resistant rubber spatula while bringing the liquid to a boil. Reduce the heat and simmer for 5 minutes or until the liquid coats the back of a spoon.

Return the chicken to the oven for another 3 minutes or until the skin crisps up. Place the chicken on a platter. Garnish the chicken platter with mashed potatoes, your favorite vegetables, some chopped parsley sprinkled on top and 1 lemon, cut in 6 wedges. Serve with the sauce.



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