

INA GARTEN'S PERFECT ROAST CHICKEN

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

This beautifully roasted chicken is infused with lemon, garlic, and fresh herbs, then served over a bed of caramelized onions, carrots (or radishes), and fennel. The result is a tender, flavorful dish that's perfect for a family dinner or special occasion.

Makes 18-20 servings.



INGREDIENTS

- 1 (5-6 lb.) roasting chicken
- Pink Himalayan salt & freshly-ground black pepper
- 1 large bunch of fresh thyme, plus 20 Sprigs* (Can add a few fresh rosemary sprigs, as well - not in Ina's recipe)
- 1 lemon, halved
- 1 head of garlic, cut in half crosswise
- 2 Tbsp Kerry Gold butter, melted
- 1 large yellow onion, thickly sliced
- 2 Tbsp avocado oil
- 4 carrots, cut into 2-inch chunks (can sub radishes, they mellow similar to a potato)



when roasted)

1 bulb of fennel, tops removed and cut into wedges (very mild flavor when cooked)

*May have to purchase 2 small packages of fresh thyme in plastic packages hanging up in the grocery store in the produce section. If you can't get it, then can sub 1 tsp dried thyme in the chicken cavity and 1/2-1 tsp dried thyme on the vegetables. Dried thyme can be strong.

DIRECTIONS

Preheat oven to 425°F. Remove the giblets from the cavity and rinse chicken inside and out. Pat the outside dry.

Salt and pepper the inside cavity of the chicken well, then stuff it with a large bunch of thyme (and rosemary, if using), lemon halves and all the garlic (no need to peel).

Brush the outside of the chicken with butter and sprinkle well with salt and pepper.

Tie the chicken legs together with kitchen string (found at grocery store) and tuck the wings under the body of the chicken.

Place the onions, carrots/radishes and fennel in a roasting pan or large baking dish. Toss with salt, pepper, 20 sprigs of thyme and avocado oil. Spread around bottom of the pan and place chicken on top.

Roast chicken for 1-1/2 hours or until juice runs clear when you cut between leg and thigh. (165°F in breast & 175°F in thigh).

Let rest 15-20 minutes before carving.