



Whole Roasted Chicken

4 servings

Prep 20 minutes | Cook time 1 Hour 20 minutes, plus resting time.

Ingredients:

- One whole chicken, about 3 lbs.
- 2-TB butter
- 1/3 cup diced carrots
- 1/3 cup diced onion
- 1/3 cup diced celery
- ½ head garlic sliced at equator
- 1 egg yolk
- 1 TB herbs- rosemary, thyme, savory, etc.
- Salt and pepper to taste

- ½ cup sliced onion
- ½ cup sliced carrots
- ½ cup sliced celery
- ¾ cup chicken stock

Directions:

1. Preheat oven to 400°F convection.
2. Bring chicken to room temperature. Clean carcass.
3. Melt butter in a sauté pan over medium heat. Add carrots, onion and celery and cook until softened, about 5 minutes. Let cool.
4. Stuff the celery, onion and carrot mixture into carcass. Add the head of garlic.
5. Truss the chicken.
6. Beat egg yolk and brush over the chicken.
7. In a grinder, add the herbs, salt and pepper and blend. Massage the herb blend all over the chicken.
8. On a cookie sheet or roasting pan, place the sliced carrots, onion and celery at bottom of pan. Place a grate over the aromatics and place chicken on grate.
9. Cook 20 minutes per pound or until an instant read thermometer reads 165°F.
10. Let chicken rest for at least 10 minutes. While resting, take dripping from the roasting pan and add to a saucepan. Add the chicken stock and reduce to a syrupy consistency.
11. Serve.