

Lemon & Garlic Roasted Chicken

Servings: 4 - 6

Ingredients

Brine:

- 8 cups water
- ½ cups Kosher salt
- 2 lemons – sliced
- 3 bay leaves
- 1 tablespoon each juniper berries, whole peppercorns, coriander & mustard seed
- 1 onion, peeled & sectioned
- 6 cloves garlic (or more to taste) – peeled & smashed
- 2 apples – sliced
- 1 bunch each fresh thyme & fresh sage

Chicken:

- 1 whole chicken – approx. 5 lbs
- ½ cup Fresh Lemon Juice Vinaigrette (recipe follows)
- 2 tablespoons olive, grapeseed or avocado oil
- ½ cup butter – softened
- 4 cloves garlic – finely minced + 4 cloves peeled and smashed
- 1 teaspoon Victoria Gourmet Turkey Rub
- 2 lemons – zested, 1 ea sliced, 1 ea quartered
- ½ onion – peeled & sectioned
- 1 bunch each fresh thyme & fresh sage
- Kosher or sea salt & pepper

Directions

Starting with 2 cups water, bay leaves, juniper berries, peppercorns, coriander, mustard seed and salt to a good simmer. Stir until the salt is completely dissolved. Let cool to just about room temperature.

Line a very large container with a brining bag and place the thawed chicken in the bag. Remove the giblet bag from the inside cavity of the chicken. Add the remaining 4 cups water and the cooled brine mixture along with the remaining ingredients and tie the bag.

The chicken needs to be submerged, so weigh it down with a heavy plate or pan and refrigerate for 24 hours. I periodically ‘massage’ the chicken to make sure it comes into contact with all those yummy flavors.

Pat the chicken completely dry with paper towels and set aside.

Preheat the oven to 450°F. In a medium-sized bowl, add butter, oil, garlic, about 1 teaspoon each salt and pepper and the Turkey Rub seasoning. Stir to combine.

Liberally salt and pepper the inside cavity of the chicken. Stuff the cavity with 1 sliced lemon, onion, garlic, quartered lemon and the rest of the fresh thyme and fresh sage.

Add the remaining salt, pepper, Turkey Rub to the oil and butter and stir to combine. Slather the butter/oil all over the chicken. Brush the Fresh Lemon Juice Vinaigrette all over the chicken, reserving any left to 'baste' the chicken while it cooks.

Place the chicken in the roasting pan and cook about 60 – 70 minutes and then baste with remaining vinaigrette. Return to the oven and cook another 15 minutes or until golden and has an internal temperature 165°F at the thickest parts (thigh/breast – this can take up to 2 hours). Tent with foil if chicken browns too quickly. Remove from the oven and let sit 15 minutes before serving with your favorite side dish.

Fresh Lemon Juice Vinaigrette:

Ingredients

- 1/3 cup lemon juice – fresh squeezed
- ½ cup olive, grapeseed or avocado oil
- ¼ cup (about 4 tablespoons) whole grain, Dijon or your favorite mustard
- ½ - 1 shallot – diced very fine
- 1 clove garlic – diced very fine
- dash fresh lemon zest
- ¼ teaspoon each sea salt & pepper
- your favorite dried spices, say, cumin, Mexican oregano, coriander, turmeric (all optional)

Directions

Zest a little of the lemon and place in food processor. Add the remaining ingredients and pulse until desired dressing consistency is achieved.

If you chop the shallot and garlic small enough, you can put the ingredients in a jar with a tight fitting lid or dressing shaker and shake until desired consistency achieved.

Variations: this is my basic recipe. I like to mix it up and the following ingredients can totally change this dressing:

fresh jalapeno – finely diced, 4 tablespoons honey, sriracha, ½ cup really good vinegar reduced by ½ on the stove (balsamic, pomegranate, blood orange, etc). Dill is also a great addition – if dried, add to the jar. If fresh, process the ingredients in your food processor. I also like Cilantro, which I process in the food processor.

fresh basil – for this option, put all of the ingredients into your food processor and process until desired consistency achieved.

Multi-cooker instructions: Rub the outside of the chicken and season the inside cavity with salt, pepper and Turkey Rub. Brown both sides of the chicken using the brown/saute function. Remove to a platter or cutting board and line the inside cavity with the lemon slices and stuff the cavity with the herbs, lemon and onion (optional). Add remaining salt, pepper, Turkey Rub to butter and oil. Slather the outside of the chicken and then brush the vinaigrette all over. Add 1 cup water to the multi-cooker vessel and then place the trivet in the bottom. Place chicken on the trivet. Cook 6 minutes per pound. Slow release (about 15 minutes or fast release and check internal temp (should be 165°F. For crisp skin, place chicken on a foil lined sheet pan and place under broil (keep an eye on it so it doesn't burn).