

# Garlic and Herb Roasted Chicken

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 2 hours

Serves: 4

**CChints:** If you don't normally like cauliflower, this recipe may change your mind. The head of cauliflower roasts and steams in the broth as the chicken roasts. You can substitute 1-1/2 pounds of new potatoes if you wish.



- 4 – 5 pound whole chicken
- 1 tablespoon Kosher salt
- 1 teaspoon black pepper
- 4-5 stems each Rosemary, parsley and thyme
- 1/2 of an lemon, cut in half
- 1/2 of an orange, cut in half
- 1 head of garlic, cut in half
- 1 foot of butcher's twine
- 2 tablespoons olive oil
- 14 ounce can low-sodium chicken broth
- 1 head of cauliflower, cut into large chunks
- 1 pound carrots, cut into 1 inch pieces or a bag of baby carrots

Put the oven rack in the center of your oven. Turn to oven to 400 degrees. Get out a roasting pan with a rack to keep the chicken up off the bottom of the pan. Unwrap the chicken and through away the giblets and neck. Rinse the chicken under cool water and lay it on the rack in the pan. Pat it dry with paper towels, inside and out. Sprinkle half the salt and pepper inside the chicken cavity. Stuff the cavity with the herbs and fruit. Put both pieces of the garlic in last and close the cavity. Tie both legs together over the opening and place it breast side up. Brush the olive oil on the outside of the chicken and sprinkle with the rest of the salt and pepper.

Pour the chicken broth in the pan and use it to baste the chicken every 25 minutes during the cooking time. Put the pan in the oven. Be sure to wash your hands and anything that touched the raw chicken.

You will need 2 kitchen timers. Set one for 1 hour and 15 minutes, which is the minimum cooking time for a 4-5 pound chicken. When the skin is a golden brown, the chicken will be done. To be sure, insert a meat thermometer into the thigh and it should register 170 degrees F. when it is done. It could take 1 hour and 45 minutes to roast. The 2<sup>nd</sup> timer will be used to remind you to baste every 25 minutes.

When it is time to baste the chicken the first time, add the carrots and cauliflower to the pan and baste. Return the pan to the oven and set your timer for 25 minutes again.

When the chicken is done, remove the pan from the oven. Place a tent of foil over the chicken and let sit on the stove for 10 minutes. Remove the vegetables from the pan, cover to keep them warm until ready to serve. Take the chicken and the rack out of the pan and put the chicken on a cutting surface. Cut the chicken into serving size pieces, but be careful because juices may still be trapped in the chicken. Put them on a serving platter and cover with foil. Turn the heat under the pan of chicken broth to medium-high and simmer about 3 minutes. Spoon the fat off the top and serve it over the chicken and vegetables.

Optional: Serve with a side salad.