

Roast Chicken

- 1 4-5 pound chicken
- 2-3 thick slices of onion
- 2-3 carrots, peeled and sliced lengthwise
- 2-3 stalks of celery, sliced lengthwise
- Oil or butter
- Salt and pepper

Heat oven to 450° F.

Lay the cut vegetables in the bottom of a roasting pan.

Rinse the chicken and dry it with paper towels. Pull out any missed feathers (you might have to use pliers to get a good grip!), pull out the goody bag from the cavity and either save it for another use, or discard it. I always discard it, except for the neck bone which I then toss in the freezer for making stock later.

Rub the chicken with oil or butter, then season generously with salt and pepper. Tuck the wing tips under the bird and tie the legs together.

Place the bird on one side on the layer of vegetables. Move the vegetables around if needed to “prop” the bird up.

Roast for 25 minutes then carefully turn the bird over to its other side and roast for another 25 minutes. (I use a pair of sturdy tongs to do this.) Finally, place it on its back and roast for 10 minutes. Take it out of the oven, turn it breast-side down or prop it up in a bowl with the legs at the top, so that the juices can redistribute. Let rest about 10 minutes.

Serve immediately, or let cool so you can handle it, remove the meat to be used in other recipes, and store the bones for making stock.

OPTIONS: add cut lemons or oranges and an assortment of fresh herbs such as rosemary and thyme to the cavity before roasting.