

## Herb Roasted Chicken

Serves 2-4

1 whole (3 to 4 lb) chicken, cooking time will vary depending on size

2 ½ tablespoons olive oil or softened butter

1 garlic clove, minced

1 tablespoon fresh herbs (rosemary, thyme, and/or flat leaf parsley)

2 sprigs each of rosemary, thyme, and flat leaf parsley

Salt, to taste

Freshly ground black pepper, to taste

1 lemon, halved

2 yellow onions, quartered

**Special Equipment:** kitchen twine, small roasting pan or baking sheet

Preheat the oven to 425 degrees. In a small bowl, combine the olive oil, garlic, and minced herbs. Squeeze a little juice from one of the lemon halves into the mixture and set the herb oil and the lemon halves to the side.

Spread the onion quarters over a small roasting pan or baking sheet. Remove the chicken from its packaging. Trim any excess fat and remove the giblets from the center cavity. Pat the chicken dry with paper towels. Season the chicken, including the cavity, generously with salt and pepper. Place the chicken, breast side up, on the onion slices. Stuff the chicken cavity with the lemon halves and herb sprigs.

Loosen the skin of the chicken with your hands. Generously rub the olive oil and herb mixture all over the chicken. Make sure to rub the mixture under the skin of the chicken. Truss the chicken.

Bake the chicken, breast side up, for 30 minutes. Reduce the oven temperature to 350 degrees and roast for an additional 45 minutes to 1 hour or until a thermometer registers 165 degrees. Remove the chicken from the oven and let rest for at least ten minutes before carving. While the chicken is resting, make the gravy.

**This recipe came from *Minced* at [www.mincedblog.com](http://www.mincedblog.com).**

## Pan Gravy

Makes about 1 cup

1/4 cup dry white wine

1 cup homemade chicken stock or less-sodium chicken broth, more if gravy is too thick

2 tablespoons all-purpose flour

Salt, to taste

Freshly ground black pepper, to taste

Remove the onions from the roasting pan and set aside. Place the roasting pan over two burners set to medium heat. Add the wine to the pan and scrape up any bits stuck to the pan with a wooden spoon. This step is called de-glazing. Add the chicken stock to the pan and bring to a simmer. **Note:** Don't add the full cup of broth if it is too much liquid for the pan. Any remaining broth can be added to the saucepan later.

Carefully pour the broth and drippings from the pan into a liquid measuring cup. The fat will rise to the top. Skim off the fat and reserve 2 tablespoons of it. Discard any additional fat.

Heat the reserved fat in a small saucepan over medium heat. Whisk in the flour to make a roux and let cook for about one minute. Whisking constantly, pour the broth in a slow stream into the pan. Add any reserved chicken broth at this point. Simmer gently, whisking constantly, until the gravy thickens. Season the gravy with salt and pepper. Serve immediately with the roasted chicken and onions (if desired).