

Roasted Chicken with Schmaltzy Brussels and Onions

Adapted from Smitten Kitchen blog, 2020



- 2 teaspoons EVOO
- 1 pound Brussels sprouts, stems trimmed, halved if large, whole if small
- 2 large yellow onions, halved and sliced
- salt and pepper to taste, sprinkled on top
- 1/2 teaspoon dried thyme, sprinkled on the vegetables
- 3 1/2 pounds whole chicken, patted dry with paper towels
- 1 tablespoon EVOO
- salt and pepper, sprinkled on the chicken
- 1/2 teaspoon dried thyme, sprinkled on the chicken
- 2 teaspoons fresh parsley, chopped, for garnish

Servings: 5

1. Preheat oven to 445-450°F. My oven runs hot, so I reduce the temp by 5°F.
2. Smear the EVOO in the bottom of a cast iron skillet large enough to hold the vegetables and the chicken to sit on top.
3. As you cut the Brussels sprouts, lay them cut side down in the skillet and add the additional ones on top. Sprinkle with some of the salt and pepper.
4. Arrange the halved and sliced onions on top, sprinkle with a bit more salt and pepper, then sprinkle dried thyme over all.
5. Pat dry the chicken, then rub it all over with EVOO, salt, pepper, then set it on top of the vegetables. Sprinkled dried thyme on top of the chicken.
6. Roast in oven for about 50 minutes. If you're brave, remove the pan from oven halfway through and if you find drippings in the bottom, use a deep spoon to drizzle it over the top of the chicken. If not brave, rotate the chicken 90°F. Check the internal temp of the bird. Usually chefs say cook until the thigh is 165°F, but I prefer a whole chicken roasted further, as often the leg is not loose and not ready to eat. Turn down heat to 425°F if the top of the bird is overly browned. Continue baking for about 10 more minutes, until the internal temp of the thigh is at 180°F and the leg joint moves easily.
7. Remove pan from oven, tent loosely with foil for 10 minutes.
8. Remove chicken from the pan to a carving board and carve thick slices of breast and remove legs, cutting them in half. Serve with generous servings of the Brussels sprouts and onions on the side. Sprinkle with fresh chopped parsley if desired.

Per Serving (excluding unknown items): 774 Calories; 52g Fat (61.0% calories from fat); 62g Protein; 13g Carbohydrate; 4g Dietary Fiber; 286mg Cholesterol; 247mg Sodium; 4g Total Sugars; 0mcg Vitamin D; 88mg Calcium; 6mg Iron; 1023mg Potassium; 550mg Phosphorus. Exchanges: .



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