

Thomas Keller's Roast Chicken & Vegetables

From a youtube video of Thomas Keller



A simpler roast chicken doesn't exist - and the veggies - oh my - so delicious as they roast underneath the chicken.

3 1/2 pounds whole chicken

Salt and pepper sprinkled on the inside cavity

1 tablespoon olive oil

1/2 tablespoon kosher salt (or more)

1/2 teaspoon freshly ground black pepper

1 large thyme, sprig, for inside chicken cavity

VEGETABLES:

4 large carrots, peeled, chopped large

2 large onions, peeled, cut in big chunks

3 stalks celery, chopped

1/2 cup parsley, chopped

1 1/2 pounds sweet potato (or use a turnip)

1 tablespoon olive oil, tossed with the veggies

Finishing salt for garnish, if desired

Serving Ideas: With a salad, this is a complete meal.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

The nutrition info assumes you will consume all the chicken skin, which you may not do! You can use your own choice of vegetables - these were my choices. Keller says one of the secrets to this chicken is the generous amount of salt on the outside. Most of it will stay with the skin, that you probably won't eat anyway. It adds lovely flavor to the chicken.

1. Allow chicken to sit out at room temp for about an hour.
2. Preheat oven to 450°. [I used a larger 6 lb. roasting chicken so cooked it at 425° for about 90 minutes.]
3. With a boning knife, remove the wishbone (makes for easier cutting after it's baked - this is not a mandatory step).
4. In a roasting pan that's a few inches larger than the chicken, add the cut and chopped vegetables. Drizzle them with a little bit of olive oil and toss with your hands.
5. Truss the chicken so the wings and legs are snug against the chicken body. [Note: I was lazy and didn't do this step.] Rub the exterior of the chicken with the olive oil.
6. Place chicken on top of the vegetables [Since sweet potatoes cook quite fast, I didn't add those pieces until 30 minutes before I thought it would be done]. Sprinkle chicken liberally with salt and pepper. [Note: I added some dried thyme to the exterior - not in Keller's recipe.]
7. Place in oven and roast until the chicken is golden brown and has reached an internal temperature of 165°. Remove from oven and allow to rest on a cutting board for 15 minutes. Cover veggies so they don't get cold. Slice chicken and serve with vegetables along side. If desired, sprinkle the top of the chicken with some finishing salt [I didn't think it needed it since I'd used ample salt already].

Per Serving (excluding unknown items): 835 Calories; 48g Fat (52.3% calories from fat); 54g Protein; 45g Carbohydrate; 8g Dietary Fiber; 247mg Cholesterol; 971mg Sodium. Exchanges: 2 Grain(Starch); 7 Lean Meat; 2 1/2 Vegetable; 5 Fat.