

Roast Chicken a l'Orange

Author: Loosely based on a recipe in 365 More Ways to Cook Chicken

Carolyn T's
Main Cookbook

Servings: 6



6 pounds roasting chicken, organic, if possible

1 tablespoon unsalted butter, at room temperature

1 small orange, or tangerine, or tangelo

ORANGE SAUCE:

orange rind from one orange

2 tablespoons frozen orange juice concentrate, do not dilute

1/2 cup fresh orange juice

1/4 cup dry white wine, like Vermouth

2 tablespoons jam, red type, seedless

1 tablespoon Dijon mustard

2 teaspoons cornstarch

2 tablespoons Cognac

Serving Ideas: Serve with a bright green vegetable of some kind. Stuffing, or rice pilaf would go well with this. Even scalloped potatoes.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 791 Calories; 54g Fat (63.7% calories from fat); 57g Protein; 12g Carbohydrate; 1g Dietary Fiber; 244mg Cholesterol; 258mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 1/2 Fruit; 6 1/2 Fat; 1/2 Other Carbohydrates.

Notes: The nutrition assumes you consume all of the skin and bones, which, of course, you won't. You may not eat all the sauce, either. If you have a meat probe, use it on the chicken thigh and remove the chicken when it reaches 180 degrees. You may also mix orange and lemon peel and juice in this, but using all lemon might make the sauce too sour.

Description: Just a roast chicken with a delicious orange-based sauce

1. Preheat oven to 400 (use convection bake if you have it).
2. Remove orange peel and place in saucepan. Cut the orange in half. One of the halves - cut it into smaller chunks and place inside the cavity of the chicken.
3. Dry chicken thoroughly and spread butter on skin as evenly as possible. Sprinkle with salt and pepper to taste.
4. Place chicken, breast side up, on a rack in a roasting pan. Place in hot oven and bake for 30 minutes.
5. Reduce temperature of oven to 350 and continue baking chicken until juices run clear and temperature of the chicken is about 180 degrees F.
6. Remove from oven and let sit for 10 minutes.
7. Meanwhile, while chicken is baking, prepare the sauce. In the saucepan with the orange peel, combine the orange juice, concentrate, white wine, Vermouth and mustard. Bring to a boil and simmer for about 5-10 minutes. Do not let it boil away - you're just combining the mixture.
8. Combine the cornstarch with a bit of water (about 2 tablespoons) and stir until dissolved. Pour into sauce and stir as it thickens. If the sauce is too thick, add some water to thin it.
9. Lastly, add the cognac and stir just to combine. Allow to sit while you carve the meat, then drizzle sauce over servings of juicy slices of chicken.