

Roasted Lemon Chicken

Loosely adapted from America's Test Kitchen Family Cookbook



- 4 pounds whole chicken
- 1 whole lemon, quartered
- 6 whole garlic cloves, peeled and crushed
- 5 tablespoons unsalted butter
- 2 tablespoons fresh rosemary, minced, or parsley, tarragon or chives
- 1 tablespoon fresh thyme, minced
- 2 1/4 cups low-sodium chicken broth
- 2 tablespoons lemon juice
- Salt and pepper

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

Servings: 4

Use a V-rack for the chicken if you have one.

1. Either buy a kosher chicken, or brine the chicken before proceeding.
2. Drain chicken, rinse under cold water and pat completely dry. Preheat oven to 350.
3. Place the cut-up lemon and garlic inside the chicken cavity. Tie up legs and wings.
4. Combine 2 T. of the butter and all the herbs, with a bit of salt and pepper. Using a spoon, put pieces of the butter under the skin of the chicken breast and press on the outside to spread it over a larger area. With any extra butter mixture, spread lightly on the outside of the skin. Sprinkle entire chicken with salt and pepper.
5. Spray a rack with oil spray and set in a roasting pan. Place chicken on the rack, breast side up. Pour one cup of the chicken broth into the bottom of the pan. Roast the chicken for 40 minutes.
6. Increase oven temp to 450, and turn pan in the oven and continue to bake until the breast meat registers 170, about 20-30 minutes.
7. Remove from oven and using heavy-duty utensils, tip chicken so the juices inside spill out into the roasting pan. Transfer the chicken to a cutting board and cover loosely with foil for about 20 minutes.
8. Meanwhile, skim any fat from the juices and stir in remaining chicken broth, scraping up any brown bits. Pour these juices into a saucepan and simmer for 5-10 minutes until thickened, and measures about 1/2 cup. Turn the heat to low and whisk in the remaining 2 tablespoons of butter, one piece at a time. Off the heat, stir in the parsley and lemon juice. Season with salt and pepper to taste.
9. Carve the chicken, discarding the lemon quarters and garlic from the chicken cavity. Spoon some sauce over the chicken slices and serve.

Per Serving (excluding unknown items): 824 Calories; 62g Fat (66.8% calories from fat); 64g Protein; 5g Carbohydrate; trace Dietary Fiber; 321mg Cholesterol; 245mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 7 1/2 Fat.