



Herb & Garlic Roasted Chicken

Ingredients:

- 1 4-5 lb chicken, gizzards removed
- 1 stick butter
- 1 tbsp (3 cloves) garlic, minced
- 3 tbsp fresh poultry blend herbs (thyme, rosemary, parsley and sage), minced – we used a combination of fresh herbs from the garden
- 1/2 tbsp salt
- 2 tsp black pepper
- 1 tbsp olive oil

Directions:

Start by preheating your oven to 425 degrees. 425 degrees is the optimal temperature for roasting a chicken – it makes for a perfect golden brown and delicious skin, and juicy, juicy meat. In a small pot, over low heat, melt butter with minced herbs, garlic, salt, pepper and olive oil.

Remove the spine from the chicken by placing your bird, breast side down on a cutting board, and using the little neck flap as a guide, with a sharp knife, carefully cut down each side of the spine to remove. Clean up the gizzards on the inside, and place the bird, breast up, in a large roasting pan. Pour melted butter mixture over entire chicken. If you want, add some chopped veggies to the dish with your chicken – we added some potatoes, and seasoned them with salt and pepper.

Roast in preheated oven for 1 hour and 15 minutes, turning 180 degrees halfway through the cooking process to ensure even browning. When ready, the chicken should reach an internal temperature of no less than 165 degrees when a thermometer is inserted to the thigh.

Remove from heat, and allow to rest for 10 minutes before slicing. Cut chicken into thin pieces – like carving a Thanksgiving turkey, or like we did tonight, and cut into 8 pieces – two breasts, two thighs, two legs, and two wings.