



ME Recipe: Perfect Roasted Chicken with additional recipe for Chicken Stock

We are big advocates of finding convenience foods and way to trim time from food preparation. You know how we love rotisserie chicken. Did you know that it is also fast and easy to make your own roasted chicken at home?

I love making roasted chicken because not only is it delicious, but then it can be used to make a stock. The stock can be eaten as is, used as a base for soup or a topping on braised or steamed veggies.

This recipe is simple and no-frills, which is how the flavors of the chicken are best displayed!

Roast Chicken

One 3-4 lb chicken
Fresh ground black pepper
1-2 pinches salt
Optional spring of rosemary, thyme or other herb
Olive oil or spray oil to coat roasting pan

An optional step to make an even tastier chicken is to season it the day ahead you plan to cook it. This is not always an option with time, but if you have the time, it is well worth it. Remove the neck and giblets if they are in the cavity, along with any big lumps of fat. Rub the chicken all over with the salt and pepper, and place the herbs inside the cavity if you are using them.

Preheat the oven to 400F. Put the chicken in the roasting pan you have lightly coated with olive oil or spray oil. Put the chicken breast side up, and tuck the tips of the wings under the bird.

Cook for 20 minutes breast side up, then flip and roast 20 minutes breast side down. Turn again, breast side up, roast for another 20 minutes, for a total of 60 minutes roasting time.

You can see if the chicken is done by piercing the leg joint with a knife, and if the juices run clear, it's done.

Remove the chicken from the oven and let rest 10-15 minutes before carving. Save the pan juices and browned bits for your stock.



Chicken Stock

Bones, skin, juices and trimmings from one roast chicken

2 celery stalks, chopped

1 onion, chopped

3-4 cloves garlic

1 TB turmeric

black pepper to taste

any leftover veggie peelings you may have from that day from broccoli, cauliflower, etc.

Combine all ingredients in a large stock pot and cover with several quarts of fresh water.

Bring soup to a boil, and then simmer for 2-4 hours.

Strain off the stock into a large holding pan, and place in the fridge. As the stock cools, the fat will rise to the top in a layer that can be skimmed off.

Skim off the fat and your stock is ready to use. It can be frozen for later use, used immediately, or both.