

ROAST CHICKEN WITH CRISPY VEG + SALSA VERDE RECIPE

Serves 4-6 people (double if feeding more)

INGREDIENTS:

Roast + Veg:

1 whole roasting chicken 4.5-6 lbs prepared with salt, 24 hours before cooking

3lbs baby potatoes scrubbed and halved

2 medium yellow or white onions chopped large

4 carrots cleaned, halved and chopped in large chunks

2 heads of garlic sliced in half

1 stick of grass-fed salted butter cut into pats

Herbs : 1 bunch fresh thyme, 2-3 tsp dried oregano

Sea Salt + Crushed Pepper to taste

Everyday cooking EVOO

FOR Salsa Verde:

1 Large lemon , zested and 1/2 juiced (about 1-2 TBSP)

1 small lime, zested and 1/2 juiced (about 1 TBS)

1 small bunch fresh cilantro chopped

1 small bunch fresh flat leaf parsley chopped

(combined the herbs should be about 1/2 cup)

1 pinch crushed red pepper, salt and pepper to taste

about 1/2 cup EVOO (more or less as needed)

1 clove garlic finely chopped

Method: In a bowl, Mix all the ingredients, except the EVOO, slowly drizzle in the olive oil, and whisk in. Give all a good whisk, taste, and see if you need more of any of the above. should be a bit punchy. save for serving with chicken.

METHOD:

FOR the Roast + Veg:

1. Preheat your oven to 425 F. (Make sure you have enough room on your bottom rack to fit chicken.)
2. Place chicken in the middle of a large sheet pan (15x21), stuff 4 pats of butter under the skin of the breast. Place another 1-2 around the legs and wings. Stuff the chicken with 1 whole bulb of garlic, and the thyme. Tie the legs together with kitchen string. Tuck your wings under as well. Evenly coat the bird with EVOO, rub with oregano, salt + pepper on the outside of the chicken.
3. Place the chicken on the bottom rack of the oven. Reduce heat to 400F. Cook chicken for 1.5 hours, or until a meat thermometer reads 155-165F. Now cook your veggies while that is going. (When the chicken is finished, take it out of the oven, put on a cutting board and cover with tin foil and a tea towel. Let sit for 15 min before cutting open. This keeps the chicken from drying out)
4. Fill a large stock pot with filtered water, and season with salt. Add your potatoes. Bring them to a boil. Right before they finish add the carrots and cook for 2 min. rinse the veg with cool water and drain. Add veg back to pan, toss in your garlic bulb, onion, evenly coat with EVOO, salt + pepper to taste, add oregano as desired. Put on a large baking sheet, take some juices from the roast and cover the veg with. Bake for 20-40 min, until golden. (If they aren't browning, turn up the oven to 425 F just keep an eye so they don't burn).

5. Carve your chicken, serve with chicken, and salsa verde.

Salsa Verde Directions:

1. In a medium size bowl, put all your ingredients except the oil. Slowly drizzle the oil in, and whisk with a fork as you drizzle. Whisk everything together, and set aside until serving. Taste, if it needs more acid or EVOO. Add in small increments to your preference, if desired. Serve with chicken + veg. Store in the fridge for 2-3 days.