NATURALLY
Bolter
FARM & CHALET
250 429 3888

# _Oven-roasted chicken_

> - <u>Thawing out:</u> on the counter for a few hours, then 2 days in the fridge, bring to room temperature on counter for 3 hours, then prepare for dinner on day 4

**Ingredients** _Makes 4-6 servings_

- 1 fat garlic clove, cut in half
- Kosher salt
- 4 teaspoons roughly chopped chervil
- 1 tablespoon roughly chopped tarragon
- 1 teaspoon roughly chopped thyme leaves
- 2 tablespoons roughly chopped fresh flat-leaf parsley
  OR ANY OTHER HERBS YOU HAVE ON HAND
- ½ cup (1 stick) unsalted butter
- 1 3½- to 4-pound chicken
- Freshly ground black pepper
- 1 medium onion, sliced

**Step 1:** Preheat the oven to 450°F.  **Step 2:** In a mortar and pestle, mash the garlic with ½ teaspoon salt until smooth. Add the chervil, tarragon, thyme, and parsley  and mash together to a paste. Add the butter and mash together until the mixture is smooth and uniform.

**Step 3:** Loosen the skin from the surface of the chicken, taking care not to tear it. You can do this by sticking your first and second fingers between the skin and the meat, starting from the breast near the neck and moving them carefully over the surface of the bird. You can also do it with a teaspoon, rounded side out.

**Step 4:** Season the chicken, inside the cavity and outside, with salt and pepper. Spread the butter under the skin, concentrating on the breast and down into the legs

**Step 5:** The sliced onion acts as a rack and will infuse the chicken with more flavor, toss it with ¼ teaspoon salt and ¼ teaspoon freshly ground pepper, and place in the middle of a lightly oiled baking dish. Place the chicken on top, breast side up. If not using the onion set the chicken on a lightly oiled rack, breast side up. Place in the oven and set the timer for 15 minutes. After 15 minutes turn the heat down to 350°F and continue to bake for 1 hour, until a thermometer registers 160°F when stuck into the thickest part of the thigh. Remove from the heat and let stand for 10 minutes and remove string before serving.