

## *Idiot's Kitchen Recipe – Herb Roasted Chicken Dinner*



Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)

### Ingredients:

1 – 4-5 pound whole chicken (fryer or roaster)  
Fresh Herbs (thyme, rosemary, tarragon, parsley)  
Salt & Pepper  
Olive Oil  
1-2 Lemons  
Onion  
Garlic  
1 ½ - 2 pounds small Red Skinned Potatoes  
Carrots  
Low Salt Chicken Broth  
Flour  
Marsala Wine (optional)

Pre-heat your oven to 450 degrees.

Remove chicken from packaging. Note the weight of your chicken to calculate the cooking time. Roast chicken cooks 20 minutes per pound of weight. (Example: 5 pound chicken x 20 minutes = 1 hour 40 minutes cooking time)

Remove the small package of “innards” or “giblets” from the inside cavity of the chicken. Rinse the chicken inside and out under cool water. Pat dry with paper towels.

Cut the lemon and onion into small wedges. Stuff these wedges into the cavity of the chicken. Secure the cavity with toothpicks and/or cooking string by tying the legs together.

Season the outside of the chicken with salt and pepper.

Remove the leaves of the herbs from their stems and chop the leaves into small pieces. Add 2-3 chopped cloves of garlic to the herb mixture and 2-3 Tablespoons of olive oil to create an herb paste.

Carefully slide your fingers between the skin and the breast meat of the chicken. Fill this area between the meat and skin with some of the herb paste. Work the paste down toward the legs and thigh meat.

Rub the remainder of the herb paste onto the outside of the chicken making sure to cover the top, bottom and sides.

Put the chicken breast and legs down in a roasting pan. **IMMEDIATELY TURN YOUR OVEN DOWN TO 350 DEGREES.** Roast chicken breast side down for 30 minutes.

After 30 minutes, carefully turn the chicken over – breast and legs up, and continue to cook for 30 more minutes.

Wash potatoes and cut into halves. Peel the carrots and cut into 2” lengths.

After 60 minutes of total cooking time, add the potatoes, carrots and approximately 1 cup of chicken broth to the bottom of the roasting pan.

Return the chicken and vegetables to the oven for an additional 30-45 minutes of cooking.

After the total cooking time nears, test the inner temperature of the chicken with an Instant-Read Thermometer. **The internal temperature should be 160 degrees.**

Remove the cooked chicken to a platter, cover with foil and let it rest for 10-15 minutes.

Test the vegetables with a knife or fork for tenderness. Remove them from the pan and keep warm.

Use ¼ - ½ cup of the pan drippings (about ½ of the liquid from the roasting pan) to make gravy.

Combine the pan juices with 2-3 Tablespoons of flour to make a roux. Stir over medium heat to cook the flour. Slowly add 2-3 Tablespoons of Marsala wine (optional) and about 1 cup of chicken broth. Stir with a whisk to remove all lumps and simmer gently over medium heat.

As the gravy thickens, slowly add more chicken broth to achieve the desired thickness.

Carve the chicken and serve with roasted vegetables and carrots.

Yum!