

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Crispy Golden Skin, Juicy and Delicious!

Easy for Family or Company: Perfectly Roasted Chicken

1 (5-6 pound) roasting chicken
salt and pepper
1 bunch fresh thyme
1 lemon, halved
1 head of garlic, cut in half crosswise
2 large yellow onions, in 8 chunks
2 carrots, cut into 2-inch chunks
2 parsnips, cut into 2-inch chunks
2 bulbs of fennel, tops removed, and cut into wedges
2 TB olive oil

Step One Preheat the oven to 425F. (A convection oven* creates the crispiest skin.) Remove giblets from the chicken. Pull off and discard any large pieces of fat. Rinse bird well inside and out; pat dry. If desired, fold wing tips under the first joint.

Step Two Toss the onions, carrots, parsnips and fennel with salt, pepper, and olive oil. Spread around the bottom of a 11" by 17" roasting pan. Place a V-shaped rack on top of the vegetables. Set the bird breast side up on the rack. Liberally salt and pepper on the inside and outside of the chicken. Stuff the cavity with the thyme, lemon, and garlic.

Step Three Roast until a thermometer inserted the thickest part of thigh at the joint registers 175F, about 1 1/2 hours. Insert a carving fork into body cavity, lift the bird up and tilt to drain juices into pan. Set the chicken on a rimmed platter and let rest in a warm place about 15 minutes. Carve and serve the chicken with the vegetables.

2 Kitchen Smidgen

Did you know that in Italy, pigs bred for the best-quality Parma ham are fed on parsnips? Parsnips are a relative of the carrot with a sweet nutty flavor. When choosing parsnips at the store look for the whitest or lightest-colored ones – they tend to be the most tender.

3 Get Creative

* When you use the convection feature of an oven, a fan runs that circulates the warm air around your food, creating a wonderful crispy crust. When using convection, you'll want to reduce the temperature by 25 degrees. Food cooks faster, too – about 25%. You can still make a delicious roast chicken without convection, but it's a great tool to use if you have it!

4 WINE of the Week

E. Guigal Cotes du Rhone
Cotes du Rhone, France

Total Wine around \$12.00

Crispy Roast Chicken makes me think of France – and what could be more French than a lovely Rose from Southern Rhone made with Grenache, Cinsault, Mourvedre and a little Syrah? This is not a sticky sweet rose, but rather a refreshing tart strawberry-citrus quaffer.