

Laura's Famous Roast Chicken

These days, comfort is calling and is there any better comfort food than a roast chicken? Maybe a trough of mashed potatoes with cream and butter or a Woodford Reserve Manhattan 🍷 but for tonight it's chicken. Here's how I do it and it comes out perfect every time!

Ingredients:

- 1 whole chicken (Mary's Air Chilled organic chicken is best <https://www.maryschickens.com/>)
 - 2 yellow onions
 - 1 lemon
 - 1 Boursin cheese or other soft goat cheese
 - 1/2 bunch basil
 - a few sprigs of thyme, if you have it or other herbs
 - 1/2 bottle dry white wine - I usually use [Pine Ridge Winery Chenin Blanc Viognier](#) or La Vielle Ferme Chardonnay or Rosé (nothing expensive)
 - spices: paprika or pimento, sumac, jerk spice or anything like that, pinch of cayenne
 - olive oil, salt, pepper
- OPTIONAL: any vegetable you'd like to roast with the chicken – broccoli, potatoes, carrots, kale



For the chicken stock:

- chicken carcass
- 1 medium yellow onion
- 2 medium carrots
- 2 stalks celery
- 2-3 bay leaves (optional)
- A few sprigs thyme (optional)
- 1 tsp peppercorns (optional)

1. Pour yourself a glass of wine! 🍷
2. Take the chicken out of the fridge for 2 hours to come to room temperature
3. Heat the oven to 400F
4. Wash chicken inside and out, dry it with paper towels
5. Cut up a lemon into 8ths
6. Cut an onion in half then slice in 1/2" thick slices so you have a big handful of pieces of onion
7. Olive oil, salt and pepper inside the cavity

8. Stuff the chicken: squeeze and add 2 pieces of lemon inside, add a quarter of the onions, add a few leaves of basil, add the boursin cheese, add more basil leaves, add a quarter of the onions and add/squeeze 2 more pieces of lemons. I didn't truss it because I was lazy, but you can tie the legs closed if you'd like.
9. Olive oil, salt and pepper the outside then I like to sprinkle pimenton or paprika and a pinch of cayenne to give it some color and flavor.
10. Put the remaining onions, lemons, basil in the bottom of the pan. Toss them in olive oil, salt and pepper. Put the chicken on top of the onions and put a little bit of wine in the pan, maybe a half to one cup depending on size of the pan. This is a good time to refill or pour yourself a glass if you haven't already! 🍷
11. Roast in a 400F oven for 1 hour. 30 minutes in check on it and pour a little more wine gently over the top so as not to lose all the spices. After an hour, test with a thermometer. it should read 135F. take it out and let it rest for 10-15 minutes. Never put foil over the chicken as it will steam it and you'll lose the crispy skin. paper towel or light cloth will work.
12. For the sauce: scrape everything from the inside of the chicken into the pan, set the chicken aside. Discard the lemons, they make the sauce bitter. Put the pan on the stove over a medium flame, add a splash or two of wine and cook, stirring, until the sauce is thickened to the consistency you'd like. if it gets too thick, add a little wine or broth if you have some. I prefer wine 😊
13. Cut the chicken up into 2 breast and 2 legs-thighs. you can cut the breasts in half and the cut through the leg and thighs to have 8 pieces.
14. Plate the chicken and pour a big spoonful of the sauce over the chicken.
15. Serve with roast broccoli and if you want a grain, some quinoa or rice and top that with the sauce. or just drink the sauce for dinner with a glass of wine, it's THAT good!
16. Since I'm cooking for one tonight, I'll portion it out and store in mason jars dividing the sauce evenly. Yes, it's all about the sauce.
17. Save that carcass and make stock. Throw it in a pot with 1 onion chopped up, 2 carrots chopped, 2 celery ribs chopped, peppercorns, and if you have them a few bay leaves, peppercorns and thyme sprigs. Simmer for 2 hours, strain et voila, bone broth. just saved you \$25 at whole food 😊