
Herb Roasted Chicken with Vegetable Medley

Sendik's Fine Foods

Internet Address: Access our online Cook Book at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 15 minutes

1 2.5 pound chicken
3 tablespoons dijon mustard
2 vidalia onions, coarsely chopped
3 sprigs fresh rosemary
3 sprigs fresh thyme
3 sprigs fresh parsley (chop remainder of bunch)
2 cloves garlic
salt and pepper, to taste

VEGETABLE MEDLEY

6 red potatoes, cut in fourths
4 carrots, cut in 1 inch pieces
4 parsnips, cut in 1 inch pieces
1 celery root, julienned
salt and pepper, to taste
3 tablespoons balsamic vinegar

Prepare the chicken by thoroughly rinsing and patting dry. Apply the dijon mustard to the inside cavity of the chicken. Next insert the vidalia onions into the cavity. Along with the onions insert two rosemary sprigs, 2 thyme sprigs, 2 sprigs of parsley and the cloves of garlic. Truss the chicken legs together with a piece of butcher's string. Chop the remaining sprigs of rosemary, thyme and parsley and season the outside of the chicken with the chopped herbs and salt and pepper.

Prepare the vegetables by chopping them in the described sizes and toss with salt and pepper and balsamic vinegar. Place the chicken in a roasting pan. Roast at 400 degrees until the internal temperature is 170 degrees. When the chicken has been in the oven for twenty minutes, place the vegetables with the chicken, spreading them around the perimeter of the pan. Approximate cooking time is one hour. The chicken should be done and the vegetables should be slightly crisp.

Remove chicken and vegetables to a serving plate and carve table-side.

Yield: 2 pounds

Suggested Wine: Lurton Pinot Gris (Argentina)

Poultry Entrees