
Roasted Chicken with Root Vegetables & Mustard/Rosemary Sauce

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 2 hours

"Brining" is a process to sanitize the carcass. It also delivers other benefits - much crisper skin and a juicier roast. Simply dissolve 1 cup of Kosher salt in two gallons of water. Immerse the bird in the water and leave up to twelve hours. This does need refrigeration. When ready to roast, remove the bird, rinse and pat dry. Roast as instructed.

1 7 to 8 pound roasting chicken, brined and rinsed

1/2 cup Maille whole grain mustard

1/4 cup Riga extra virgin olive oil

2 1/2 tablespoons fresh rosemary, chopped

2 tablespoons fresh garlic, minced

salt & pepper, to taste

2 onions, chopped

1 1/2 pounds turnips, peeled and chopped

1 pound carrots, peeled and chopped

1 1/2 pounds red skin potatoes, chopped

1 1/2 cups low sodium chicken broth

1 cup Kendall Jackson Savignon Blanc

I highly recommend brining when roasting a chicken (see note above). Preheat oven to 375 degrees. Whisk the mustard, oil, rosemary and garlic in a bowl. Place chicken in a roasting pan. I recommend using a V-rack, which allows you to roast the bird breast side down. Brush the bird with half of the mustard/rosemary mixture. Roast for approximately 1 hour and 45 minutes. The internal temperature should be 170 degrees in the thigh.

Once the bird is in the oven, vegetable preparation can begin. Brush a baking sheet with olive oil. Reserve 2 tablespoons of the mustard/rosemary mixture for the sauce. Toss all of the vegetables in a bowl and coat with the remaining mustard/rosemary mixture. Spread the coated vegetables on the oiled pan and place in the oven for 45 minutes to 1 hour. Stir the vegetables several times during roasting to get them evenly browned.

When the bird and vegetables are roasted, remove them from the oven, place on platters and keep warm. Take the roasting pan and remove the fat from the liquid by skimming it off with a spoon. Place the pan on a medium-high burner to deglaze the pan. Add the remaining 2 tablespoons of mustard/rosemary mixture, chicken broth and wine to the pan. Simmer and reduce for 5 to 10 minutes. Taste and adjust with salt and pepper.

Serve the chicken and vegetables with the sauce.

Yield: 5 pounds

Poultry Entrees
