

*Sunday Roast Chicken Supper with Grilled Carrots, Chicken Fat Potatoes
and Rainbow Chard*



Ingredients

One 3-3 1/2 # Lake Meadow Naturals Broiler, giblets removed
1 stick (4 oz.) unsalted butter, softened to room temperature
1 clove of garlic, minced fine
3-4 fresh rosemary sprigs
1 medium sized onion, cut into wedges
Kosher salt
Ground black pepper
1-2 large Idaho, or other baking potatoes, scrubbed, but skins left on
2 tbsp. vegetable oil
1 # whole carrots, tops removed if desired, skin on. Choose thin carrots if possible
One large bunch of Rainbow Chard, leaves and stems sliced into 1 inch strips
Juice from 1/2 a lemon
1 tbsp. butter
2 tbsp. freshly chopped parsley

Procedure

1. Preheat oven to 400°F.
2. Mix soft butter, garlic, salt and pepper together. Set aside.
3. Clean up chicken. Do not wash the bird, however. Remove the neck and giblets pack from the inside. Trim up any extra patches of fat. Tuck the wings behind the bird. Pat the bird dry with paper towels.
4. Take the flavored butter and rub it under the skin of the breast, taking care not to rip the skin. Rub some butter on the legs and thighs. Put the extra butter in the cavity of the bird. (Wash your hands!)
5. Sprinkle the bird with salt and pepper.
6. Place rosemary sprig in the cavity of the bird. In the bottom of the roasting pan, place onion wedges. Rest bird on top of these.
7. Roast bird uncovered for approximately 1 to 1 ½ hours, until the internal temperature of the leg/thigh joint reaches 165°F. If the color of the skin is getting too dark, place a lid on pan. You can occasionally baste the bird with the fat from the pan if you desire.
8. Meanwhile, prepare the other accompaniments. After about one hour, prepare the potatoes. Toss the wedges in just enough vegetable oil to coat and place in a separate roasting pan. Roast until crispy and brown. Preheat grill to medium.
9. When the chicken has reached 165°F internal temperature, remove chicken to a serving plate, and carefully remove the onions. The chicken needs to rest for at least 15 minutes.
10. Toss the carrots in just enough vegetable oil to coat. Season with salt and pepper. Place on grill over medium heat, and cook slowly. Cook until just tender.
11. Pour out any juice and fat that has accumulated in the bottom of the pan into a narrow container (such as a glass). Separate out the fat from the juices (jus).
12. When the potatoes are brown and crispy, remove from oven, and immediately toss with some chicken fat and salt. Sprinkle with chopped parsley.
13. When it time to eat, prepare the Rainbow Chard. Melt butter in a large sauté pan. Add the chard. Toss it around until it starts to wilt. Add a little jus from the chicken. Season to taste with salt, pepper, and lemon juice.

This is a great way to enjoy a Sunday Evening. Pairs well with Lakeridge Winery Chardonnay