

Homestyle Roast Chicken Dinner



Ingredients:

1 thawed, whole chicken

Thyme

Rosemary

Cayenne

Salt

Pepper

Summer Savory

Bay leaf

Bowtie noodles or similar pasta

4+ onions

4-5 cloves of garlic

Butter

Olive Oil

Equipment:

Roasting Pan

Fat separator

Slotted spoon

1. Put a coating of olive oil at the bottom of your roasting pan, pat your chicken dry and place in the pan.
2. Sprinkle olive oil over top of chicken and spread with your hands or a basting brush.
3. Add a generous amount (in my case) or to taste of Kosher salt, black pepper, cayenne pepper, thyme, rosemary, summer savory and 3 cloves of crushed garlic.



4. Take one of your cloves of garlic and cut into slivers, putting a sliver in crevices such as where the wings and drumsticks meet the body of the chicken. Put some in the cavity of the chicken as well.
5. Place your bay leaf inside the chicken cavity.
6. Cut your onions into big pieces so they don't burn but will roast and caramelize. About an inch thick. Save the part of the onion that was joined to the root that isn't very edible on its own, and place that in the cavity of the chicken (just to help flavour the meat from the inside)



7. Place the onions all around the chicken. Sprinkle olive oil, all the herbs and spices above, minus the cayenne, over the onions. I cut one big clove of garlic into 4-6 smaller pieces and spread around the onions for flavour.
8. Preheat oven on Roast setting for 400 degrees. Once heated, place chicken in oven. Keep an eye on it as the onions can burn quickly. A little burning is good though.



9. Once the onions start getting a bit dark, add water to the bottom of the pan. Just enough water to have a thin layer of water at the bottom of the pan but not too much to prevent browning of the onions. You can turn down the heat to 375 at this point if you feel it's going too fast.
10. Continue adding water to the pan as in step 9 as the chicken roasts. If the skin is getting too dark, make a tent of foil over the top. Nothing fancy, just lay it on top of the chicken to deflect direct heat.

11. The chicken is done when you can pull the legs away from the body easily. Or you can check with the meat thermometer. It should read 165 degrees F. I personally don't use a meat thermometer.



12. Remove chicken onto cutting board to carve and remove onions with a slotted spoon and place in a bowl.



13. Cook noodles while you...
14. You will probably need to add more water to the roasting pan to scrape up the bits and to create a jus for the noodles. Not too much or it will dilute the flavour too much. Pour the liquid from the pan into a fat separator and let it sit for a few minutes.



15. Carve your chicken and cover to keep warm. Save the carcass by placing in a freezer bag when cool, with any leftovers from the meal (onions, burnt garlic bits etc.) then freeze!



16. When noodles are cooked add a generous pat of butter, one crushed clove of garlic, salt and pepper. Mix well.



17. Now add the jus portion of the liquid from the fat separator. A little bit of the fat will add some flavour but don't put too much as it will be greasy.



18. Plate your chicken and noodles and onions. We eat the onions with the meat and mix it in with our noodles on the plate. Serve with a salad to give it a bit of freshness.

