

ROAST CHICKEN WITH ROOT VEGETABLES

(adapted from Thomas Keller)

- 1 whole chicken (4- 4.5 pounds)
- 2 cloves garlic, mashed
- fresh thyme sprigs
- salt and pepper
- 3 rutabagas
- 2 turnips
- 6 carrots
- 12 small yellow or red new potatoes
- 1/3 cup canola oil
- 4 T butter at room temperature (or 2 T duck fat)
- 1/2 lemon



If you are particularly fond of very crispy skin, leave the bird uncovered in the fridge for a couple of days. Remove the chicken from the refrigerator 1.5 hours before roasting (important step, do not skip it).

Heat the oven to 475F.

Season the chicken well inside and outside with salt and pepper, add the garlic, 4 thyme sprigs, and the lemon half in the cavity. For a nicer presentation, truss the chicken (you may omit this step).

Cut the rutabagas and turnips in similar size pieces, about 3/4 inch wedges. Cut the carrots in half crosswise and again lengthwise. Keep the young potatoes whole, or, if they are a bit too big cut them in half. Place all veggies in a large bowl, add 1/4 cup of canola oil, 2-3 thyme sprigs, salt, pepper, and toss well. Transfer them to a roasting pan, make a small space in the center to place the chicken. Rub the remaining canola oil all over the skin of the chicken, seasoning it again with salt and pepper. Just before roasting, add pats of butter over the breast, or brush with some duck fat (it gives a deeper flavor to the chicken,).

Roast at 475F for 25 minutes, lower the temperature to 400F and roast for 1 hour, but check the internal temperature after 45 minutes, if it reaches 160F remove the chicken from the oven. Allow the chicken to rest under aluminum foil tent for 20 minutes before carving. A few minutes before serving, place the roasting dish on the stove and heat the vegetables, moving them around to coat with the juices accumulated during roasting.