

THE BEST ROAST CHICKEN EVER!

By Laurie Burrows Grad

(Serves 4)

The key to this dish is to have the butcher cut out the backbone of the chicken to “butterfly” it. To *butterfly* a whole *chicken* means to remove the *chicken's* backbone so you can open the *chicken* like a book, or a *butterfly*, and lay it flat. This is a basic recipe. If you would like to embellish it with rosemary or other herbs, feel free!

Note: if you have a convection oven, cook the chicken at 450°F for 45-50 minutes. If cooking the chicken in a regular oven, roast it at 500°F for 45 to 50 minutes. Make sure your oven is calibrated correctly.

Ingredients:

- 3 lemons, zested
- 1/3 cup chopped tarragon
- 4 cloves garlic
- ¼ cup extra-virgin olive oil
- 1 large roasting chicken, butterflied
- 2 large lemons, sliced thinly
- Olive oil
- Seasoning salt and pepper to taste
- 12 small new potatoes, sliced in half
- 8 peeled shallots, sliced in half or small onions, peeled
- 3 carrots, peeled and cut into 2-inch chunks (or use the baby carrots with stems)

Instructions:

1. The day before, place the lemon zest, tarragon, and minced garlic in a resealable bag that will hold the chicken. Add the olive oil and with your hands, massage the marinade into the chicken. Refrigerate overnight turning occasionally.
2. Preheat the oven to 450°F for convection or 500°F for standard oven.
3. Place a layer of the sliced lemons in the center of a roasting pan.
4. Place the cut potatoes, shallots, and carrots around the sides of the pan and coat them with olive oil cooking spray. Season the vegetables and lemon with the seasoning salt and pepper to taste.
5. Remove the chicken from the bag and place on top of the lemons and vegetables, splayed out. Season with seasoning salt and pepper and spray with olive oil.
6. Place in the preheated oven and cook according to directions above.
7. Remove and carve and serve alongside the potatoes, shallots, and carrots.