

# Roast Chicken *{poulet rôti}*

Mastering the Art of French Cooking, Volume 1

*Serves 4-5*

Estimated roasting time for a 3-pound chicken: 1 hour and 10 to 20 minutes.

Preheat oven to 425 degrees

- 1 3-pound roasting or frying chicken
- $\frac{3}{4}$  tsp salt
- 2 Tb softened butter
- Sliced carrot and onion, about one cup each

For Basting:

- 2 Tb melted butter
- 1 Tb good cooking oil

For Sauce:

- $\frac{1}{2}$  Tb minced shallot or green onion
- 1 cup brown chicken stock, canned chicken broth, or beef bouillon
- 1-2 Tb softened butter
- salt and pepper

Sprinkle the inside of the chicken with  $\frac{1}{4}$  tsp salt, and smear in half the butter, then truss the chicken. *{There are different methods to truss a chicken, here is my version: tie the chicken's legs together at the ankles with one piece of twine and grasp the bird's wings and tuck them behind the bird's back}*

Dry it thoroughly, and rub the skin with the rest of the butter.

In a shallow roasting pan, place the chicken breast up, strew the vegetables around it, and set it on a rack in the middle of the preheated oven. Roast the chicken for 5 minutes, turn it on the left side and roast for 5 minutes, turn it on the right side and roast for 5 minutes, and basting it with the butter and oil after each turn.

Reduce oven to 350 degrees. Leave the chicken on its side, and baste every 8 to 10 minutes, using the fat in the roasting pan when the butter and oil are exhausted. Halfway through estimated roasting time, salt *{ $\frac{1}{4}$  tsp}* the chicken and turn it on its other side. Continue basting

Fifteen minutes before end of estimated roasting time, salt *{ $\frac{1}{4}$  tsp}* again and turn the chicken breast up. Continue basting.

Indications that the chicken is done, prick the thickest part of the drumstick with a fork. Its juices should run clear yellow. If not, roast another 5 minutes, and test again.

When done, discard trussing strings and set the chicken on a hot platter. It should sit at room temperature for 5-10 minutes before being carved, so its juices will retreat back into the tissues.

Transfer the chicken drippings to a sauce pan, remove all but two tablespoons of fat from the sauce pan. Stir in the minced shallot or onion and cook slowly for 1 minutes. Add the stock and boil rapidly over high heat, letting the liquid reduce to about  $\frac{1}{2}$  cup. Season with salt and pepper. Off heat and just before serving, swirl in the butter by bits until it has been absorbed. Pour a spoonful of the sauce over the chicken, and send the rest to the table in a sauceboat.

