

## ROAST CHICKEN

### INGREDIENTS

3-4 lb chicken  
favorite vegetables (onion,  
carrots, potatoes, leeks, etc.)  
3 tbsp grapeseed oil  
salt & pepper  
a few sprigs of fresh herbs  
(rosemary, thyme, sage, etc.)  
4 tbsp butter

### DIRECTIONS

1. Wash the chicken well, pat it super dry for crispy skin.
2. Prepare some favorite vegetables to cook with the chicken. Onions, potatoes, carrots, and leeks are a good mix. Try to cut the vegetables the same size to help them cook evenly.
3. Preheat the oven to 450F.
4. Coat the chicken in grapeseed or olive oil. About 3 tablespoons.
5. Generously salt and pepper the chicken all over.
6. Add fresh herbs (rosemary, sage, or thyme), garlic, salt, and pepper inside.
7. Tuck in the wings.
8. Optional: truss the chicken.
9. Place the vegetables in the roasting pan and add enough oil to lightly coat them. About 3 tablespoons.
10. Generously season with salt and pepper and add fresh thyme. Toss the vegetables.
11. Place the chicken on top of the vegetables.
12. Place 4 tablespoons of butter on top of the chicken.
13. Cook in the oven at 450F for 1 hr or until skin is crispy and brown.

### TIP

Secret to juicy chicken: Marinate chicken in milk and sliced apples overnight to tenderize the meat.