

Recipe by Chef Mike Sheerin of Taureaux Tavern, Cochon Volant Brasserie, and Francois Frankie

Herb Roasted Chicken:

Ingredients:

- 1 ea. #.5 lb. Whole Chicken, Washed and Dried

- 1 tbsp Fresh Rosemary, Chopped

- 2 tbsp Garlic, Chopped

- 6 tbsp E.V.O.

- 1 tbsp Kosher Salt

- 1/4 tsp Black Pepper, Ground

- 2 tbsp Fresh Parsley, Chopped

- 2 tbsp Fresh Marjoram, Chopped

- 2 tbsp Fresh Oregano, Chopped

Directions:

- 1) Combine fresh herbs, E.V.O., garlic, salt and pepper

- 2) Rub the chicken with marinade

- 3) Allow to sit for 3 hours

- 4) Remove from marinade placing chicken on to a roasting rack breast side facing down

5) Save the leftover marinade

6) Preheat oven to 350°F

7) Once the oven has come to temp, place the roasting rack and chicken in the oven for 45 minutes

8) Turn the oven temp up to 400°F and flip the chicken to have breast facing up for final stage of roasting (during this stage, add the marinade that was reserved and allow to heat up; baste the chicken with this and its own pan drippings)

9) Allow the chicken to fully reach golden brown until skin is crispy

10) Remove from the oven and allow to rest for 30 minutes before serving

Tips:

1) Cook the chicken (if roasting on the bone) at a slower temperature to start (300°F) and finish at a higher temperature (420°F) to obtain color and flavor

2) Brine or salt (season) the chicken at least 3 hrs prior to cooking

3) Allow the chicken in all forms (breast, Thigh, Whole, Legs) to rest before eating or serving

4) When temping chicken, allow for 10 to 15 degrees of carryover cooking. If you're looking for 165°F for chicken thighs you should pull them from the oven at 155. This allows the meat to react to the full inertia of the heat during roasting

5) Baste the meat during the cooking process; baste with BBQ sauce, butter, oil, or pan drippings. This provides a layer of protection for the meat, keeping it moist or adding to caramelization, but most of all adding flavor