



Roasted Rosemary and Lemon Chicken

READY IN



615 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 3 tablespoons flour all-purpose
- 4 medium garlic clove smashed
- 4 servings kosher salt
- 1 medium optional: lemon cut into 8 wedges
- 2 cups chicken broth low-sodium
- 0.3 cup olive oil
- 2 sprigs rosemary (7-inch)
- 2 tablespoons shallots finely chopped

- 0.5 teaspoon soya sauce
- 2 tablespoons butter unsalted
- 0.3 cup mirin dry white
- 4 pound chicken whole

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- sieve
- wooden spoon
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Place the chicken on a work surface or cutting board and pat it dry with paper towels. Season generously inside and out with salt and pepper. Cover and refrigerate for at least 1 hour, or preferably overnight.
- Heat the oven to 375°F and arrange a rack in the middle.
- Remove the chicken from the refrigerator and let it sit at room temperature. Fill a small saucepan halfway with water, add the lemon wedges, and bring to a boil over high heat. Reduce the heat to medium and simmer until the rinds are very soft, about 10 minutes.
- Drain and set aside. Meanwhile, place a small strainer over a medium bowl and set aside.
- Remove the leaves from 1 of the rosemary sprigs and discard the stem; you should have about 1 tablespoon of leaves.

- Heat the olive oil, butter, soy sauce, garlic, and rosemary leaves in a medium frying pan over medium heat, stirring often until the garlic is golden and the rosemary is crispy, about 4 minutes. Strain the butter mixture.
- Remove the garlic and set it aside, reserve the rosemary leaves for the sauce, and reserve the butter-oil mixture for basting the chicken. Wipe out the pan with a paper towel and set it aside. Pat the chicken dry with paper towels.
- Place 6 of the lemon wedges, the remaining sprig of rosemary, and the reserved garlic in the cavity.
- Place the chicken in the reserved frying pan and brush it with some of the reserved butter-oil mixture.
- Place in the oven and roast, basting every 15 minutes, until the skin is browned, the juices run clear, and a thermometer inserted into the inner thigh (but not touching the bone) registers 165°F, about 60 to 75 minutes. Discard any remaining butter-oil mixture. For the sauce: When the chicken is done, transfer it to a cutting board, tipping the chicken as you remove it from the pan to let the juices from the cavity drip back into the pan. Cover the chicken with a piece of aluminum foil. Finely chop the remaining 2 lemon wedges, and, using your fingers, crumble the reserved rosemary leaves; set both aside separately.
- Pour the drippings from the roasted chicken into a medium heatproof bowl.
- Let sit for a few minutes for the fat to rise to the top, then skim the fat off with a spoon and discard (alternatively, use a fat separator); set the drippings aside.
- Place the frying pan over medium heat and add the butter. When it foams, add the shallot and cook, stirring occasionally, until softened, about 3 minutes.
- Add the vermouth and reserved chopped lemon and let cook, scraping up any browned bits from the bottom of the pan with a wooden spoon, until the vermouth is reduced by half, about 3 minutes.
- Add the flour and cook, stirring constantly, until the raw taste has cooked off, about 2 minutes. Slowly whisk in the broth or stock, whisking out any lumps.
- Add the reserved drippings and crumbled rosemary. Bring the sauce to a simmer and let cook until thickened and slightly reduced, about 10 minutes. Taste and season with salt and pepper. Beverage pairing: Tablas Creek Esprit de Beaucastel Blanc, California. This wine, made in the style of white Châteauneuf-du-Pape from France's Rhône Valley, brings honey, citrus, flowers, and wild herbs to the table—a gorgeous complement to the herby succulence of the chicken.

Nutrition Facts

PROTEIN 25.4% FAT 68.31% CARBS 6.29%

Properties

Glycemic Index:69.38, Glycemic Load:4.06, Inflammation Score:-6, Nutrition Score:19.50217375548%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 709.76kcal (35.49%), Fat: 52.84g (81.3%), Saturated Fat: 15.08g (94.26%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 9.76g (3.55%), Sugar: 1.28g (1.43%), Cholesterol: 178.34mg (59.45%), Sodium: 426.34mg (18.54%), Alcohol: 1.9g (100%), Alcohol %: 0.58% (100%), Protein: 44.22g (88.43%), Vitamin B3: 16.85mg (84.24%), Selenium: 33.94µg (48.48%), Vitamin B6: 0.86mg (42.76%), Phosphorus: 376.29mg (37.63%), Vitamin C: 19.16mg (23.22%), Vitamin B5: 2.1mg (21.02%), Zinc: 3.09mg (20.62%), Vitamin B2: 0.34mg (19.89%), Vitamin E: 2.81mg (18.73%), Potassium: 590.24mg (16.86%), Iron: 2.86mg (15.9%), Vitamin B12: 0.8µg (13.41%), Vitamin B1: 0.2mg (13.05%), Magnesium: 50.65mg (12.66%), Vitamin K: 12.15µg (11.58%), Copper: 0.2mg (10%), Vitamin A: 488.27IU (9.77%), Manganese: 0.17mg (8.54%), Folate: 28.63µg (7.16%), Fiber: 1.18g (4.73%), Calcium: 46.98mg (4.7%), Vitamin D: 0.54µg (3.6%)