

TIPS FOR A PERFECT ROAST CHICKEN



- Roast a large bird in order to have leftovers for another meal. Think beyond a cold drumstick for lunch, and consider turning the meat into salad or casserole.
- Don't discard the carcass from the roast chicken. It can be made into an excellent stock. Saute 1/4 cup each chopped onion, celery, and carrot in 1 tablespoon vegetable oil in a large saucepan. Add the carcass, broken up into manageable pieces, and add enough cold water to cover. (If your chicken came with giblets, reserve the neck, heart, and gizzard—but not the liver—and add them to the pot. Bring to a simmer, skim off any foam from the surface, and add 1/4 teaspoon dried thyme and 1/2 bay leaf. Simmer for a couple of hours, then strain.
- The chicken will roast more evenly if allowed to stand at room temperature for an hour or two to lose its chill from the refrigerator. A rinse under lukewarm water will also gently warm up the poultry.
- Rendered chicken fat promotes a beautifully browned bird. If the fat has been removed from the tail area of your

chicken, substitute 2 tablespoons of softened unsalted butter for the rendered fat. The milk solids in the butter will encourage browning better than olive or vegetable oil.

- Turning the bird to expose the skin on all sides to the oven heat also makes a picture-perfect chicken with crackling skin. If you don't have time to do this, you'll still have delicious chicken, even if the back skin is a little wan.
- Don't be afraid of the relatively high oven temperature. It will make the chicken splatter, but cleaning the oven is worth the trade-off for a great chicken. You won't get the same results if you chicken out and reduce the temperature to 350°F.

