

Let's Talk Food Literacy

Roasted Chicken

Makes 4 servings

Ingredients

Protein Foods:

- 1 whole chicken (~3 lbs, take out giblets)

Vegetables:

- 1 large carrot
- 1 large onion

Other:

- 2 Tbsp vegetable or olive oil
- 1 sprig Thyme
- Salt and pepper to taste
- 1 tsp Paprika
- 1 cup chicken stock or water
- Tinfoil

Directions

1. Turn oven on to 350°F.
2. Spread 1 Tbsp of oil on bottom of roasting pan.
3. Wash, peel and chop onions and carrots. Place on bottom of the pan. Rest the chicken on top.
4. With your fingers, separate the skin from the chicken. Put sprig of thyme in between the skin and meat.
5. Drizzle 1 Tbsp of oil over chicken. Sprinkle with salt, pepper and paprika.
6. Put pan into oven for about 1.5 hours.
7. Insert a clean, calibrated thermometer into the thigh. Chicken is ready when it reaches 82°C (or 180°F).
8. Put cooked chicken on a clean plate. Partially cover with tinfoil. Wait 10 minutes. This lets the juices spread through the meat so that it is not dry. Put roasted vegetables in a bowl.
9. "Deglaze" the pan: Put pan on stove. Turn heat to MEDIUM. Add 1 cup chicken stock or water. With a wooden spoon, scrape caramelization off pan. This liquid is "pan jus". *Optional: strain pan jus with sieve.*
10. Slice the chicken into pieces. Serve with pan jus, roasted vegetables, and a grain.



Roasted chicken with green beans, carrots, and whole grain rice.

Tips and Tricks:

- ➔ Wash hands with soap and water before, during and after preparing food.
- ➔ Store raw meat in sealed containers on the bottom shelf of the fridge. This prevents raw juices dripping on other food.
- ➔ Use a **calibrated thermometer** to see if meat is cooked to the right temperature. Don't let the thermometer touch bone! *How do I calibrate?* Fill cup with ice and water. Put thermometer into cup. Adjust the dial to read 0° (32°F).
- ➔ Store leftovers in fridge for up to 4 days. Freeze up to 1 year.

Watch the how-to video! youtu.be/Ahdx7qayB7o