



The Wheel of Time Community Show

Recipes

~ The Stag and Lion's Roasted Chicken Dinner ~

Kitty Rallo

Notes

- Vegetable Substitutions: Onions, carrots, squash, parsnips, potatoes, pearl onions - just make sure everything is cut to around the same size
- 1 teaspoon of dried herbs = 1 Tablespoon of fresh herbs. Use all dried, all fresh, or a mix. You do you
- Salt and pepper to taste. Salt is your friend. So is Narg.
- If your chicken starts to get dark too quickly, reduce the oven to 450°F and throw a piece of tinfoil loosely on top
- Remove foil before cooking is done to let the chicken get golden brown
- Want to make just the chicken and no vegetables? Place 2 stacked disposable pie pans under the wire rack to prevent smoke. Chicken - wire rack - stacked pie tins - foil covered sheet pan

Ingredients

- 1 whole chicken - 4 to 5 pounds - giblets removed**
- 3 Tablespoons neutral high heat oil (vegetable, canola) - divided**
- 2 teaspoons kosher salt - divided**
- 1 teaspoon ground black pepper - divided**
- 2 teaspoons dried herbs (oregano, thyme, parsley, rosemary, or a mix) - divided *see notes**
- 2 Tablespoons fresh herbs (oregano, thyme, parsley, rosemary, or a mix) - divided *see notes**
- 1 medium Turnip - peeled and diced**
- 1 pound Brussels Sprouts - trimmed and halved or quartered depending on size**

Directions

1. Preheat the oven to 500°F with the oven rack in the top third. Peel and dice the turnip, trim and cut the Brussels sprouts.
2. Toss together the Brussels sprouts, turnip, 2 Tablespoons of oil, 1 teaspoon of kosher salt, ½ teaspoon black pepper, and the majority of the herbs together. Leave a pinch of

herbs to sprinkle on the chicken later. Pour onto the middle of a tin foil lined rimmed sheet pan.

3. Spatchcock the chicken. With sharp kitchen shears, cut along both sides of the backbone until it is removed. Flip the chicken over, and press down on either side of the breastbone until flattened. Cracks and pops will happen. Place chicken on top of the prepared vegetables and rotate the legs out so they face the corners of the sheet pan. Tuck the wing tips up and behind themselves.

4. Drizzle the remaining oil on the chicken and sprinkle on the remaining salt and pepper. Rub in the seasonings, and sprinkle the remaining herbs on top.

5. Roast the chicken for about 45 minutes, reducing heat if the skin darkens too soon (see notes). Chicken is done when the joint between the body and thigh reaches 175°F and the thickest part of the breast close to the bone reaches 150°F on an instant read thermometer.

6. Let rest for 5 - 10 minutes loosely covered with foil before serving.