

Ina's Perfect Roast Chicken

Adapted from *Ina Garten*

Serves 4:

Ingredients

Brining Solution:

cool water

1/4 cup kosher salt

2 tablespoons sugar

1-3 1/2 to 4 pound chicken, preferably organic

kosher salt and freshly ground black pepper

bunch of fresh thyme

1 lemon cut in half

1 head of garlic

2 tablespoons melted butter

a sprinkling of sweet paprika

1 large yellow onion, cut into wedges

4 peeled carrots, cut into 2 inch chunks

1 fennel bulb

olive oil

10 sprigs of thyme

1/4 cup white wine

1 tablespoon unsalted butter

Preparation

Brine chicken: in a large bowl make a solution of cool water, kosher salt, and sugar; stir well.

Place chicken in brine, breast side down, and put bowl in refrigerator.

Let sit for at least 20 minutes, up to overnight.

Remove chicken from brine, rinse well and dry inside and out with a paper towel.

Preheat oven to 425 degrees.

Season inside of chicken with kosher salt and freshly ground black pepper.

Stuff cavity of bird with a bunch of fresh thyme, 1 lemon cut in half, and 1 head of garlic, cut in half crosswise. Brush outside of the chicken with melted butter.

Season liberally with more salt and pepper mix and a sprinkling of sweet paprika.

Using kitchen twine, tie legs together and tuck wing tips behind and under the bird.

In bottom of roasting pan, place wedges of onion, carrot chunks, and fennel wedges.
Toss the vegetables with olive oil, salt and pepper and 10 sprigs of thyme.
Spread in an even layer and place chicken on top.

Roast chicken in oven for 1 1/4 hours, until juice runs clear when pierced between the leg and thigh.
Place chicken on a cutting board to rest and tent with aluminum foil.
Dish the vegetables onto a platter and cover tightly with foil; let stand 20 minutes.
Place roasting pan on top of stove and skim any excess fat from surface of the juices.
Bring to a simmer over medium heat and add 1/4 cup white wine.
Slightly boil to burn off the alcohol and finish with a tablespoon of butter to emulsify gravy.
Taste and adjust seasoning.
Carve and slice the chicken and serve on the platter with vegetables; serve gravy alongside.

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Caramelized Brussels Sprouts with Toasted Shallot Breadcrumbs

Serves 4:

Ingredients

1 pound brussel sprouts
kosher salt
1 tablespoon unsalted butter
1 tablespoon olive oil
kosher salt and freshly ground black pepper
1 large minced shallot
4 teaspoons unsalted butter, divided
1/2 cup panko breadcrumbs

Preparation

Blanch brussels sprouts: bring a small saucepan of water to boil and add 1 tablespoon of kosher salt. Add sprouts that have been trimmed and halved lengthwise (top to root). Bring back to a boil and cook for 2 to 3 minutes. Immediately plunge the sprouts into an ice water bath to halt the cooking. Drain and lay out on a baking sheet lined with paper towels to absorb moisture.

In a large skillet over medium flame, heat butter and olive oil until melted and shimmering. Add brussels sprouts in one layer, cut side down, and saute undisturbed for 4 to 5 minutes until golden. Season with kosher salt and freshly ground black pepper, turn and continue cooking for 1 to 2 minutes.

In another small skillet, saute shallot in 2 teaspoons butter, until slightly golden. Add panko breadcrumbs and another 2 teaspoons butter to skillet and toast, stirring until browned. Season breadcrumbs and sprinkle over brussels sprouts. Serve immediately.

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