

## Lemon Roast Chickens

Ripe & Ready | May 2006



*Slice and serve these juicy chickens and wine-seasoned drippings alongside the Cornbread Panzanella Salad. Leftover meat can be used in sandwiches, soups, stir-fries, or pasta.*

- 2 2<sup>3</sup>/<sub>4</sub>–3<sup>1</sup>/<sub>2</sub>-LB. WHOLE CHICKENS (PREFERABLE NATURALLY RAISED AND AIR-CHILLED)  
KOSHER SALT
- 2 LEMONS, QUARTERED
- 4 BAY LEAVES
- 6 CLOVES GARLIC
- 6–8 SPRIGS FRESH HERBS, SUCH AS THYME, SAGE, AND/OR ROSEMARY  
FRESHLY GROUND BLACK PEPPER
- <sup>3</sup>/<sub>4</sub> CUP DRY WHITE WINE OR CHICKEN BROTH  
KOSHER SALT AND BLACK PEPPER, TO TASTE

Remove giblets from chickens and reserve for another use. Rinse and dry chickens inside and out. Sprinkle cavities with salt. Sprinkle skin with salt all over breasts, legs, thighs, wings, and backs. (This can be done a day before roasting; cover and chill seasoned chickens.)

Divide and insert lemon quarters, bay leaves, garlic, and herbs into chicken cavities. Tie legs of each chicken loosely together; season with pepper. Transfer birds to a roasting pan, breast side down.

Roast in a 375° oven for 20 minutes. Turn chickens breast side up and roast for 20 minutes more. Increase oven temperature to 425° and roast for 30 to 40 minutes more or until deep golden brown and leg-thigh portions test done. (To test, insert a skewer into meatiest section, and juices should run clear; or use an instant-read thermometer in the meatiest section to register 180° internal temperature.)

Transfer birds to a cutting board; cover and let rest for 10 to 15 minutes while making seasoned pan juices.

Pour off excess fat from pan juices in roasting pan; add wine or broth. Place roasting pan on burner. Bring to boiling over medium-high heat, scraping up browned bits. Boil gently, uncovered, until reduced to <sup>3</sup>/<sub>4</sub> cup, 5 to 10 minutes. Add any additional juices that have accumulated while chicken stands. Season to taste with salt and pepper. Slice chicken and serve with pan juices. Makes 8 to 10 servings.