



# Recipes by Hubert Keller

## Sleek Vertical Roasted Chicken with Rosemary, Parsnips & Fennel

### Ingredients:

(Yields: Serves 4)

- 1 3 to 3.5 lb chicken
- 3 tablespoons butter, softened
- 4 sage leaves
- 1 sprig rosemary
- ½ lemon, cut into 3 wedges
- 1 sprig sage
- 3 tablespoons olive oil
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 red onion, sliced
- 1 carrot, peeled and chopped
- 2 stalks celery, chopped
- 1 parsnip, peeled and chopped
- 1 small fennel bulb, chopped
- 3 garlic cloves
- 4 fresh bay leaves
- 1 tablespoon olive oil
- 1 cup chicken stock, hot
- 3 sprigs fresh rosemary

### Directions:

This recipe calls for a vertical roaster which allows the chicken to sit upright in the oven and roast evenly on all sides, without having to turn the chicken while cooking. If you don't have a vertical roaster, it can be made in a regular roasting pan. Preheat oven to 375F

Remove the wings of the chicken.

Using your fingers, loosen the skin on the breasts of the chicken, starting at the top cavity (where the wings were) and going down about one-third of the chicken.

Spread the butter evenly under the skin on each breast, then insert two sage leaves in each pocket. In the chicken cavity place lemon wedges, sprig of sage and sprig of rosemary.

Truss the chicken with string or twine. To do this, place the chicken on its back, and begin by wrapping the twine around the rump and legs. Cross the twine over the legs, and bring it up around the thighs. Turn the chicken over, and tie the twine in a tight knot across the back of the chicken. Cut off the excess twine.

With your hands, rub the 3 tablespoons of olive oil all over the chicken. Season each side with 1 teaspoon salt and ½ teaspoon pepper. Place the chicken aside.

In large mixing bowl, combine the onion, carrot, celery, parsnip, fennel, garlic, bay leaves, and olive oil. Toss to coat.

Spoon the vegetable mixture into the basin of the vertical roaster.

Place the chicken upright on the roaster, by sliding the vertical post into the chicken cavity.

Place the chicken on the lower rack of the preheated oven for 45 – 50 minutes or until the chicken is a dark golden brown and is cooked throughout. If using a regular roasting pan, cook the chicken, breast side down for the first half of cooking, then flip over to finish.

Once the chicken has finished cooking, remove the vertical roaster from the oven and place on stove-top burner over medium heat.

Pour the hot chicken stock into the vegetables below the chicken, and bring to a boil.

Stick the rosemary sprigs into the top of the chicken, and serve.