

Roasted Chicken with Lemon, Garlic and Herbs

1 whole chicken (approximately 1.25 kg)
1 lemon
10 sprigs of thyme or 1 teaspoon ground thyme
6 leaves of rosemary or 1 teaspoon ground rosemary
2 medium cloves of garlic, thinly sliced
Salt and pepper
2 tablespoons unsalted butter
1 cup low sodium chicken stock or water

Position a rack in the second lowest position of the oven. Preheat oven to 400°F. Lightly oil a shallow roasting pan and rack.

Cut the lemon in half and juice, reserving juice and rinds. Cut the lemon rinds into quarters. Pat the chicken dry with a paper towel. Remove any excess fat from inside the tail opening of the bird. Salt and pepper the inside cavity. Bruise the thyme sprigs and rosemary leaves with your fingers and add to the cavity. Add half of the sliced garlic and all of the lemon rinds into the cavity. Place the chicken breast side up on the roasting rack and pan. Working from the neck opening, with your fingers gently separate the skin from the breast all the way to the tops of the drumsticks being careful to not pierce the skin. Spread the remaining sliced garlic evenly between the skin and the flesh. Rub 1 tablespoon of butter on each breast under the skin and then pat the skin back into place. Salt and pepper the outside of the bird.

Roast the bird for 20 minutes in the oven. Combine the stock with the reserved lemon juice and baste chicken by pouring over entire bird. Roast for about another 40 minutes until the juices run clear when the thickest part of the thigh is pierced or when meat thermometer reads 170°F in the fleshiest part of the thigh. Remove from the oven and let rest for 10 minutes before carving.