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ROASTED CHICKEN OVER ROOT VEGETABLES

BY VARINDER SAHI



This is no trick of the eye. There is more than one way to roast a chicken, but apparently, if you're Varinder, you need to wear the same shirt on a different day to do it! What makes this homestyle dish just a tad bit elevated is the 3-day prep process. On Day 1 you prepare your chicken and brine. On Day 2, you start the "drying" process, something that V credits Chef Thomas Keller with. On Day 3, you'll continue to dry and roast it off that evening. The results are well worth the time and nothing short of succulent! In terms of the brine and the specific vegetables you use, be easy and free. We pulled out whatever we had at the time and put it to great use. Enjoy this elegant homestyle meal! — Anita Sahi



MAKES 3-4 SERVINGS

INGREDIENTS

For the Brine

- 1, 2.5 lb Chicken (Whole or Portioned)
- 2 Lemons (Quartered)
- 5 Bay Leaves (Fresh or Dried)
- 6-8 Sage Leaves
- 2 stalks Flat Leaf Parsley
- 1 T Black Peppercorns
- 3 cloves Garlic
- ¼ c Kosher Salt
- 2/3 c Sugar
- 1 gal Warm Water

The Roasting

- 1, 2.5 lb Dried Chicken (Whole or Portioned)
- 5 T Ghee (Clarified Butter), For Basting
- To Taste Salt & Pepper
- Assorted Root Vegetables of your choice to cover the bottom of the roasting pan – Carrots, Potatoes, Onions, Leeks, Turnips, Parsnips – (Cleaned and cut into uniformly sized pieces)
- To Taste Parsley (Minced)



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PREPARATION

1. Combine your brine ingredients in a stockpot and bring to a boil over high heat. Once the mixture is boiling, turn off the heat and let cool.
2. Prepare your chicken by cleaning and leaving whole or breaking down into pieces. You can also buy pre-portioned chicken (skin on). I recommend referencing the following links to break down a whole chicken: <https://www.serious-eats.com/2010/05/knife-skills-how-to-break-down-a-chicken.html>.
3. Place your chicken, whole or portioned, into a container large enough to hold all the pieces and your brine. Pour the brine over the meat, cover and store in the refrigerator for 8-12 hours. Do not exceed 12 hours as the chicken will become too salty.
4. After 8-12 hours, remove chicken from brine and pat dry. Discard the brine. If you opt to use a whole chicken, truss it now. I recommend the following link on how to truss a whole chicken: <https://www.thespruceeats.com/how-to-truss-a-chicken-995373>. Place chicken atop a cooling/drying rack placed in a parchment-lined sheet tray. Place inside the refrigerator, uncovered, for 2 days to dry. This part of the process is optional and can be skipped, however I encourage you to try it. Over two days, the moisture will deplete out of the skin, allowing it to brown and crisp up nicely in oven when roasting.
5. After two days of drying, you are ready to roast! Preheat your oven to 475 degrees F.
6. Prepare your root vegetables by washing and peeling (where necessary) and cutting them into uniform pieces to ensure even cooking. Place them in your roasting pan or baking sheet. You will need enough to line the bottom of your pan. Drizzle with some ghee and sprinkle salt. Use your hands or a spoon to coat the veggies.
7. Brush your chicken with ghee on all sides and sprinkle salt everywhere. For a whole chicken, create a hollow space in the center of your pan by moving your vegetables to the side and place your chicken in the center. For portioned chicken, space out pieces across your pan.
8. Roast for 20-25 minutes and then reduce your oven heat to 400 degrees. Baste with a little more ghee and roast for 30-45 minutes more for a whole chicken or 25-35 minutes more for chicken pieces. Your chicken should register at 160 degrees F in the thickest portions (thighs/breast).
9. Before serving, let your chicken rest for at least 15-20 minutes.
10. Carve and serve or present whole. Garnish with chopped parsley, salt and pepper. Enjoy!



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FEATURED WINES



2018 WHITE

50% Viognier | 50% Grenache Blanc
Paso Robles AVA

[ADD TO CART](#)



2017 THE STORY

83% Grenache | 17% Syrah
Willow Creek District, Paso Robles

[ADD TO CART](#)