

GUASTELLO'S VILLAGE MARKET

Whole Roast Chicken with Honey and Lemon Glaze

Serves 4

Ingredients

1 3- to 3-1/2-lb. whole chicken
Kosher salt and freshly ground black pepper
2 sprigs fresh thyme
2 sprigs fresh rosemary
1 head garlic, halved crosswise
1 Tbs. olive oil
1/2 cup honey
2-1/2 Tbs. lemon zest, from 2 large lemons

Instructions:

Pat the chicken dry inside and out with paper towels. Season the cavity with 1 tsp. salt and 1/2 tsp. pepper. Put the herbs and garlic in the cavity. Tuck the wings behind the back and truss the legs with kitchen twine. Brush the outside of the chicken with the oil and season the skin with 1 tsp. salt and 1/2 tsp. pepper.

Let the chicken sit at room temperature for 1-hour breast side up on a rack over a rimmed baking sheet. Meanwhile, position a rack in the lower part of the oven, and heat the oven to 375°F.

Heat the honey and zest in a small saucepan over low heat, stirring frequently until syrupy, about 3 minutes. Set aside.

Transfer the chicken to the oven, and cook, rotating the pan every 20 minutes, until an instant-read thermometer registers 160°F in the thickest part of the thigh and the chicken is golden-brown, 1 to 1 1/2 hours. If the chicken browns too quickly, tent loosely with foil. Rewarm the glaze slightly over low heat, stirring constantly, about 30 seconds. Brush the chicken with some of the glaze; reserve the remaining glaze. Return to the oven for 5 to 8 minutes, being sure not to burn the glaze. Let the chicken rest for 20 to 25 minutes before carving and serving. Pass the remaining glaze at the table.

Credit: finecooking.com