

Lemon & Thyme Roasted Chicken

(Serves about 4)

Time: 60 minutes

Ingredients:

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| 1 | 3-lb (1.5 kg) | Chicken, whole |
| 5 | Sprigs | Thyme, fresh |
| 1 | Medium | Lemon, sliced thin |
| 3 | Cloves | Garlic, sliced thin |
| | | Salt and pepper |
| | | Butcher's string |

Instructions:

1. Preheat oven to 375 F (190 C)
2. Wash chicken and pat dry
3. Sprinkle insides with salt and pepper
4. Push thyme, lemon slices and garlic into cavity
5. Salt and pepper outside
6. Truss the chicken with butcher's string
7. Roast chicken on its back for about 50 minutes. Check for doneness after about 35 minutes using one of the following techniques:
 - a. Instant read thermometer should read 140 F (60 C) when stuck into the chicken at the breast and the thigh meets. Don't touch bone. Or,
 - b. Stick the thigh where it meets the body with a skewer and watch the juices that run out. They should be clear or very slightly pink. Or,
 - c. Use a tablespoon and spoon out juices from the cavity, they should be dark and a little oily, not red and cloudy.
8. If juices run red or the temperature is under 140 F (60 C) leave in oven another 10 minutes.
9. Cover with foil and let stand for 15 minutes before serving.

Source: Feast Vancouver