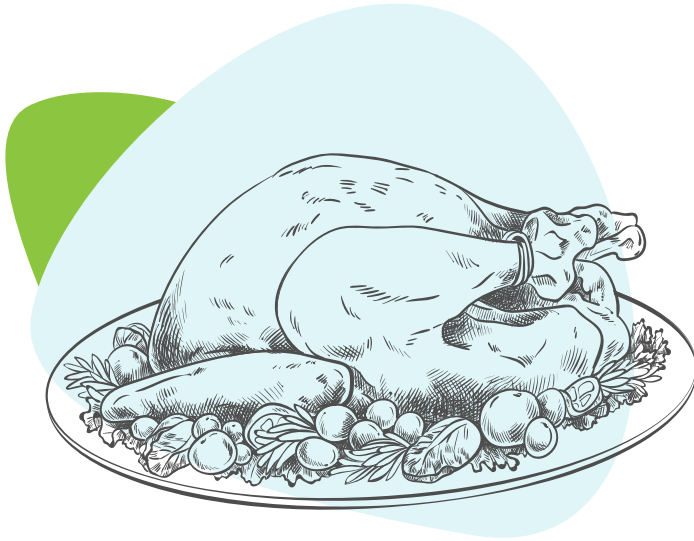


*Perfect recipe
for the collective kitchen*

Roast Chicken



To calculate the quantity needed for each food: Quantity of the basic recipe X number of recipes = total quantity.

PREPARATION 40 MIN
COOKING 1 h 30
SERVINGS 8

Preparation

- Preheat the oven to 425 °F.
- Place the onions and carrots in a roaster. Mix with olive oil, and season with salt and pepper.
- If needed, remove the giblets from the chicken. Add salt, pepper and thyme into the cavity of the chicken, and rub the skin of the chicken. Add the lemon and garlic. Spread the melted butter (or olive oil) on the skin of the chicken. Season with salt and pepper. Place the chicken on top of the vegetables.
- Roast the chicken for 1½ hours, or until the internal temperature reaches 180 °F. Cover the chicken with aluminum foil and let stand for 20 minutes before serving.

Ingredients	Qty	Nb of recipe	Qty total
Entire chicken, 5 to 6 lb	1		
Salt and pepper, to taste			
Dried thyme	5 ml (1 tsp.)		
Lemon, halved lengthwise	1		
Bulb of garlic, halved lengthwise	1		
Melted butter or olive oil	30 ml (2 tbsp.)		
Large yellow onion, cut into thick slices	1		
Carrots, cut into chunks	4		
Olive oil	15 ml (1 tbsp.)		

