



French Chicken In A Pot

Cook's Illustrated

BAH Note: If you don't have a fat separator, do what I do. Pour the juice into a two cup liquid measuring cup. Allow it to settle for about 5 minutes. Then carefully skim off as much grease as possible from the top. If you're cooking this as a make ahead meal, just cover the measuring cup with foil or plastic and put it in the refrigerator. As it cools, the fat will form a solid layer which can easily be removed before you reheat the jus.

- 1 whole roasting chicken (4 1/2 to 5 pounds), giblets removed and discarded
- 2 teaspoons kosher salt or 1 teaspoon table salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 small onion, chopped (about 1/2 cup)
- 1 small celery stalk, chopped (about 1/4 cup)
- 6 medium garlic cloves, peeled and trimmed
- 1 bay leaf
- 1 medium sprig fresh rosemary (optional)
- 1/2 to 1 teaspoon fresh lemon juice

Place an oven rack in the lowest position and heat oven to 250 degrees.

Pat chicken dry with paper towels and season with salt and pepper. Heat oil in a Dutch oven over medium heat until just smoking. Add chicken (breast side down) and place onion, celery, garlic, bay leaf, and rosemary (if using) around chicken. Cook chicken for about 5 minutes or until the breast is lightly browned. Carefully flip the chicken breast side up and cook 6 to 8 minutes until the chicken and vegetables have browned.

Remove the pot from heat, cover with a large sheet of aluminum foil, and cover tightly with lid. Transfer to oven and cook approximately 80 to 110 minutes or until instant read thermometer registers 160 degrees when inserted in the thickest part of the breast and 175 degrees in the thickest part of the thigh.

Transfer the chicken to cutting board, tent with foil, and rest for 20 minutes. Meanwhile, strain chicken juices from the pot through a fine mesh strainer into a fat separator. Be sure to press on the solids to extract as much liquid as possible. Discard the solids and you should have somewhere around 3/4 cup juices. Let the liquid settle for 5 minutes, then pour into a saucepan set over low heat. Add any accumulated chicken juices from cutting board to pan, stir in lemon juice, and taste for seasoning.

Carve chicken and serve with jus.

french chicken in a pot was posted by wendi on 25 november 2009 at bonappetiithon.com