

# Roast Chicken with Lemon and Thyme

Spring is all around us and nature is waking up! I feel it's also time to wake up the palate with fresh, vibrant flavours! Lemon and thyme not only do the trick, but they also look the part. Sunny yellow and cheerful green garnish liven up this roast chicken and in turn, will brighten up your springtime table. Perfect accompaniments to complete the meal would be locally grown peas and boiled new potatoes.

## Ingredients

(serves 4)

- 1 chicken, roaster
- 2 lemons, 1 quartered into wedges and 1 sliced for garnish
- 5 or 6 sprigs of thyme, plus a few extra and 1/2 tsp chopped for garnish
- 1 onion, quartered
- 3 cloves garlic, whole
- 1 tbsp olive oil
- Sea salt
- Fresh ground pepper
- 2 or 3 sprigs of fresh parsley, plus 1 tsp chopped for garnish

## Method

- Preheat oven to 375F
- Season the cavity with salt and pepper, squeeze the lemon wedges over the chicken, then stuff them inside the cavity along with the thyme, onion and garlic
- Tuck the wings under and tie the thighs together with butchers twine



- Brush the chicken with the olive oil, season with salt and pepper and put into the oven
- Roast for 20 minutes per 500 grams, plus 20 minutes more, until the inner temperature reads 160 degrees on your thermometer and the juices run clear when the thickest part of the thigh is pierced
- To garnish, sprinkle the chopped thyme and parsley over the chicken and arrange extra herbs and lemon slices

- 2 tbsp flour
- 1/2 cup white wine
- 2 cups chicken or vegetable stock, or water
- Sea salt

## Method

- Remove the chicken to a cutting board or serving platter and tent with foil until the gravy is done
- Remove 2 tbsp fat from the roasting pan and put into a small pot with the flour, whisk together and heat on low (discard the rest of the fat)
- Place the roasting pan on the stove top on medium heat, pour in the wine, water or stock and with a wooden spoon, scrape up the bits and simmer for a couple of minutes
- Slowly whisk this liquid into the pot with the flour mixture and turn up the heat to medium
- Simmer for a few minutes until thickened, season with salt

—Sarah Visheau is a Red Seal certified Chef, trained at Stratford Chef School (graduated with honours 1999). From Hamilton, she has worked within the food industry across Ontario, parts of Australia and recently moved to Georgetown. She has worked in restaurants, food shops, catering, on a cookbook and a magazine. She also teaches cooking classes and does demonstrations. This spring, she started a food blog. Using local and seasonal ingredients, she develops recipes, styling the food and photographing her creations. If you would like to read more about her edible experiences in and around Halton Hills, or would like to look up one of her quick recipes, please check out her blog at [www.visheaus.blogspot.com](http://www.visheaus.blogspot.com) or search Sarah's Culinary Adventure. If you have any questions, please email her at [visheaus@hotmail.com](mailto:visheaus@hotmail.com).

## Quick Chicken Gravy

### Ingredients

(serves 4)

- 2 tbsp fat, from the roasting pan

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