



414-443-1414

www.michaelfeker.com

From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

CHEF FEKER'S CITRUS AND AROMATIC SCENTED ROASTED CHICKEN

Serves 4, generously

Ingredients

- 1 (3.5 to 4 lb) roasting chicken
- 4 heads of garlic, diced
- 2 tablespoon of Olive oil
- 1 bunch of Italian parsley, chopped (stems reserved)
- 2 large sprigs of fresh thyme, chopped (stems reserved)
- 1 sprig of fresh rosemary, chopped (stems reserved)
- 2 sprig of fresh oregano, chopped (stems reserved)
- Zest of 2 lemons
- 4 lemons, 2 left whole 2 sliced in rounds
- 2 tablespoons butter, diced and left at room temperature
- 1 cup white wine
- 1 teaspoon of corn starch
- 1/2 cup chicken stock
- Kosher salt
- Freshly ground black pepper
- 2 carrots cut length wise and cut in half width wise

Directions

1. Preheat the oven to 300 degrees F.
2. Clean the bird inside and out, rinsing the chicken well. Pat the outside dry. Place the chicken in a large roasting pan.
3. Combine 1 teaspoon of salt, generous amount of fresh ground pepper, all chopped herbs, chopped garlic, the butter, the lemon zest, juice of one of the zested lemons. Mix all ingredients together with the back of a fork to create a paste.
4. With the tip of your fingers curved inwards, gently create a space between the skin of the bird and the meat and spread the paste evenly between the skin and flesh through the entire bird. Cut 2 of the lemons in rounds and place under the skin of the bird season the cavity with generous salt and pepper as well and place the reserved stems of your herbs in the cavity as well.
5. Brush the outside of the chicken with the olive oil and sprinkle with more salt and pepper.
6. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.
7. Lift the bird, place carrots apart in the pan and set the bird on the carrots.

8. Place the roasting pan in the middle rack of the oven. Roast the chicken for 1 hour @ 300. Increase temp to 475 without opening door and continue roasting the chicken for an additional 30 minutes (or until the juices run clear when you puncture between a leg and thigh).
9. Remove from the oven (do not turn off your oven) and transfer to an oven-safe platter. Cover with aluminum foil while you prepare the gravy.
10. Remove all the fat from the bottom of the pan except 1 tablespoon; chop the carrots and return to pan. Sprinkle the cornstarch in the juices and cook for one minute.
11. Add the wine and chicken stock and scrape the bottom of the pan with a heat resistant rubber spatula, while bringing the liquid to a boil. Reduce the heat, and simmer for 5 minutes, or until the liquid coats the back of a spoon.
12. Return the chicken to the oven for about 3 minutes, or until the skin crisps up again. When done, place the chicken on a serving platter. Complete your meal by adding Chef Michael Feker's Garlic Mashed Potatoes and your favorite vegetables to your platter. Cut your last lemon into 6 wedges and garnish your platter with the lemon wedges and sprinkle with some chopped parsley. Serve with your sauce and enjoy your experience.