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From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

## IL MITO'S CITRUS AND AROMATIC SCENTED ROASTED CHICKEN WITH MUSTARD BALSAMIC SAUCE

**Serves** 4-8, generously

### Ingredients

- 2 (3.5 to 4 lb) roasting chicken, cut in half from the back and deboned
- 4 heads of garlic, diced
- 2 tablespoon of Olive oil
- 1 bunch of Italian parsley chopped
- 2 large sprigs of fresh thyme chopped
- 1 sprig of fresh rosemary chopped
- 2 sprig of fresh oregano chopped
- Zest of 2 lemons
- 1/2 cup white wine
- 1/2 cup of balsamic
- 1/2 cup chicken stock
- 2 tablespoon of whole grain Dijon mustard
- Kosher salt
- Freshly ground black pepper

### Directions

1. Preheat the oven to 375 degrees F.
2. Clean the bird inside and out. Rinse the chicken well. Pat the outside dry. Cut the backbone out, cut the chicken in half and debone. Combine 1 teaspoon of salt, generous amount of fresh ground pepper all chopped herbs, chopped garlic, the and the lemon zest, and mix all ingredients together. With the tip of your fingers curved inwards gently create a space between the skin of the bird and the meat and spread the herb mixture evenly between the skin and flesh through the entire bird.
3. Preheat a frying pan on high, drizzle some olive oil and place the chicken skin side down and cook for 3 minutes. Remove the chicken and place on a roasting tray meat side down. Repeat until all chickens are pan seared. When ready to serve Roast the chicken for 15 minutes in the preheated oven.
4. Meanwhile, remove all the fat from the bottom of the sauté pan. Turn on high, add the wine and balsamic & let reduce by half, add chicken stock and scrape the bottom of the pan with a heat resistant rubber spatula. Bringing the liquid to a boil. Reduce the heat and simmer for 5 minutes or until the liquid coats the back of a spoon. Whisk in the mustard and season to your liking.
5. Return the chicken to the oven for another 3 minutes or until the skin crisps up again place the chicken on a platter. Garnish the chicken platter with Chef Michael Feker's Garlic mashed potatoes, your favorite vegetables and garnish with some chopped parsley. Serve with the sauce and enjoy your experience.