

The Perfect Roast Chicken

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1 six pound whole roasting chicken
1 lemon
1 large peeled onion OR 1 large unpeeled apple or orange
1/2 sprig fresh rosemary
coarse salt
pepper (to taste)
1/2 cup white wine or water
1 tablespoon cornstarch
1 tablespoon cold water
1 cup chicken broth
orange slices (for garnish)
fresh rosemary (for garnish)

Preheat the oven to 500 degrees.

Rinse the chicken under cool running water. Drain well and pat dry. Reserve the giblets for another use.

Cut the lemon in half. Squeeze the juice directly on the chicken. Rub the juice into the skin to cover the entire chicken.

Place the onion (or fruit) into the cavity with the rosemary. Fasten the neck skin under the chicken with a small skewer. Close the cavity with skewers or sew with heavy thread. Fold the wing tips under the wings. Place the chicken on a rack in a roasting pan. Push the legs back against the body and tie with heavy thread.

Sprinkle the chicken with salt and pepper. Pour wine into the roasting pan. Place the pan into the oven.

Roast for 30 minutes. Then, lower the heat to 350 degrees. Continue to cook for about one hour or until the chicken is golden brown and the thigh meat is soft and the juices run clear.

Remove from the oven and let stand for 5 minutes.

Carve and serve with gravy, if desired.

To make gravy: Place the roasting pan on the top of the stove. In a bowl, combine the cornstarch and cold water. Stir into the pan juices along with the chicken broth. Bring to a boil. Cook, stirring constantly, for about 3 minutes or until the gravy is smooth and the starch taste has cooked out. Remove from the pan and add salt and pepper.

Garnish the chicken with orange slices and rosemary, if desired.

Per Serving (excluding unknown items): 82 Calories; 2g Fat (15.0% calories from fat); 6g Protein; 15g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 766mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Fat.