

Cook Smart...Roasted Chicken



Yes, it's easy to pick up a rotisserie chicken at the store if you are short on time but you can roast a whole chicken at home if you have time and save yourself some money. It will also be more moist and fresher than store-bought.

The breast and wings, also known as the white meat, have less fat and need to be cooked to 165F degrees. The thigh and chicken legs, known as the dark meat, have more fat and need to be cooked to 185F degree to be done. When roasting they both come together like a perfect symphony, where the two temps take almost the exact time in the oven. The dark meat sits more on the outside and is exposed to more of heat, while the white meat sits more tucked in and gets less heat exposure.

When roasting a whole chicken, figure in approximately 20 minutes per pound when your oven is set at 350F degrees. To crisp the skin and sear in all the juices, preheat your oven to 450F degrees. Next roast your chicken for 10 minutes. Then turn your oven down to 350F degrees to finish roasting.



It's also important when roasting to use a roasting rack and a roasting pan with no more than 2 1/2 to 3 inch sides. The rack lifts the poultry out of the pan and allows the poultry to be roasted all the way around. If you don't use a rack, the chicken sits in the fat as it cooks and it will be greasy. As for the pan, the sides need to be lower so it does not shield the heat from the chicken and keep it from cooking correctly. Before roasting you want to add enough liquid (I like to use canned chicken stock) to fill the pan 1/4 of an inch up the sides. This will start your stock for gravy and also keep the dripping from the chicken from burning when hitting the bottom of the pan.

Under no circumstances should you wrap or cover your chicken when roasting. This will either break the sear or keep the chicken from forming a tight sear and your chicken will be chewy and dry.

Cook Smart...

Chef Dave Fouts

Herb Roasted Chicken

Servings: 4

- 1 (4) pound whole chicken, insides removed and rinsed.
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoon garlic powder
- 2 teaspoons minced fresh rosemary leaves
- 2 teaspoons mince, fresh thyme
- 2 bay leaf
- 1 small onion, roughly chopped
- 1 1/2 carrots, roughly chopped into 1" pieces
- 1 1/2 stalks celery, roughly chopped into 1" pieces
- 1 lemon



Directions:

1. Preheat the oven to 450F degrees.
2. Season chicken with salt, garlic, and pepper inside and out.
3. Stuff the insides of the chicken, rosemary, thyme and bay leaf.
4. Place the onions, carrots and celery on the bottom of a roasting pan and place the chicken on top of your roasting rack..
5. Squeeze juice from the lemons all over the chicken and place the squeezed lemons inside the chicken cavity.
6. Roast in the oven for 10 minutes.
7. Next turn the oven down to 350F degrees and roast for 1 hour 20 minutes, chicken will be golden brown and crisp and the juices run clear when the thigh is pierced.
8. Transfer the chicken to a serving platter and let rest for about 5 minutes before serving.

Per serving (including vegetables): 260 calories, 28 grams protein, 14 grams fat (4 grams saturated), 90mg cholesterol, 4 grams carbohydrate, 1 gram fiber, 300mg sodium

Chicken Chatter...



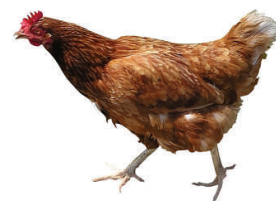
It's hard to find another protein food as versatile as chicken. When you get to the store, there are all kinds of choices to be made.

Free range or organic? The demand for free range chicken has grown because people feel the birds are treated more humanely. Free range means the birds have access to the outside but there is no standard for how much space or time they need outside the coop. You may think of the chickens happily pecking around the grass, but their "free range" may be a small plot of dirt or gravel.

Organic chicken must meet stricter standards. They must have access to the outdoors and their required indoor space is larger than nonorganic birds. They must be fed certified organic feed. The birds are not treated routinely with antibiotics or drugs, and probiotics are often used to replace growth promoting drugs. With all these requirements, you can see why organic chicken costs more.

White or dark meat? Dark meat is slightly higher in calories because it contains more fat. The fat helps keep the chicken more moist and that is why some people who have had weight loss surgery can tolerate dark meat better than white meat.

Deli lunch meats are much higher in sodium than fresh meats. Roast a whole chicken according to Chef Dave's directions and use this for your sandwiches. It tastes better and has a whole lot less sodium and other preservatives.



Eat smart.....

Vicki Bovee, MS, RD, LD

Tip of the month

"Take a time-out"

Remember when you were in kindergarten and you had to take a rest time? Just because we are grown up doesn't mean we don't need rest time. You will be more productive at work if you take a break and change the scenery. You will be more easier to live with at home if you take some time to slow down and catch your breath. Even the Energizer Bunny doesn't run forever so take a time out to recharge your batteries.



Stay away from fried chicken it may taste good, but with the skin it's way high in fat!

Keeping you safe...

As far as sanitation goes, raw poultry can have salmonella and if not handled correctly can cause you to get very sick. Here are a few tips to keep your roasted chicken delicious and safe.

- Always wash your hands and all surfaces before and after handling raw poultry to keep from cross contaminating.
- If frozen, defrost chicken safely place in the refrigerator in a shallow pan and allow up to 24 hours to defrost.
- To destroy any harmful bacteria you must cook your white meat to 165F degrees and dark meat to 185F degrees.
- Cooked poultry has a refrigerated shelf life of 72 hours (3 days). Frozen cooked poultry is good for 3 months.
- Poultry should never be slimy or have a pungent odor. If it does, throw it out.
- Never let cooked poultry sit out for more than 2 hours at room temperature.

