



Roasted Chicken with Mushroom Stuffing

Serves four

FOR THE STUFFING:

8 pieces white bread – crust removed, diced small
1 tsp. garlic powder
1 tsp. paprika
½ tsp. dry chives
½ tsp. dry thyme
½ tsp. dry sage
1 tsp. coarse salt
1 tsp. black pepper
2 TBS olive oil
2 TBS butter
2 leeks – sliced up to the light green part and thoroughly washed
1 small green apple – peeled and chopped
1 cup chopped mushrooms – white, portabella, shitake
1 medium carrot – peeled and grated
1 celery stalk – chopped
1 cup chicken stock

Place the bread cubes in a bowl. Add the garlic powder, paprika, chives, thyme, sage, salt and pepper. Mix well. Add the olive oil and mix to coat evenly. Place in a baking sheet – in a single layer – and toast until nicely browned and crisp.

Melt the butter in a large skillet and add the leeks. Cook until softened – about 6 minutes. Add the apple, carrot, mushrooms and celery. Cook for another 7 to 8 minutes until everything is nice and soft.

Add the softened vegetables to the toasted bread. Mix well. Add the chicken stock and mix. Set aside.

1/8 of the stuffing - CALORIES 164.96; FAT 7.74 grs (sat 2.60; mono 3.56; poly 0.98); PROTEIN 4.15 grs ; FIBER 1.83 grs; CARBS 20.58 grs; CHOLESTEROL 8.53 mg; IRON 1.94 mg; SODIUM 479.61 mg; CALCIUM 63.04 mg

FOR THE CHICKEN:

1 – 4 pound roasting chicken
4 TBS unsalted butter
1 tsp. dry sage – crumbled
½ tsp. paprika
1 tsp. garlic powder
1 tsp. black pepper
1 tsp. salt
1 cup chicken broth

Preheat the oven to 400 degrees.

In a small bowl mix 2 TBS butter with the sage, paprika, garlic powder, black pepper and salt. Mash it well with a fork.

Rinse and pat dry the chicken. Very carefully separate the skin from the breast meat – using your hands. Do not break the skin. Rub the breast meat with half of the sage butter.

Melt the remaining butter and brush the whole chicken, making sure to brush both sides and in between the wings and leg area.

Place the chicken, breast side down, on a roasting rack. Roast it for 20 minutes. Remove it from the oven, reduce the heat to 350 degrees, and carefully flip the chicken. Return it to the oven and bake for another hour.

Remove the roasting pan from the oven and brush the remaining 2 TBS butter – melted – on the skin. Add the chicken broth to the pan. Return the roasting pan to the oven and finish roasting until a meat thermometer, inserted in the deepest part of the thigh area, reads 165 to 170 degrees.

Remove chicken from oven and tent loosely with aluminum foil. Allow chicken to rest for about 30 minutes before carving.

1/8 of chicken - CALORIES 386.99; FAT 20.27 grs (sat 8.21; mono 7.87; poly 3.78); PROTEIN 50.73 grs ; FIBER 0.18 grs; CARBS 0.55 grs; CHOLESTEROL 213.66 mg; IRON 6.5 mg; SODIUM 547.89 mg; CALCIUM 73.03 mg

FOR THE GRAVY:

Chicken giblets and neck
1 small onion – halved
4 garlic cloves – smashed
1 carrot – halved
4 bay leaves
Water
Rendered chicken fat
3 TBS flour

Place the chicken giblets and neck in a pot. Add the onion, garlic, carrot and bay leaves. Cover with water. Simmer until reduced and concentrated – about 2 hours. Strain the liquid and reserve.

Remove any burnt pieces from the roasting pan. Place the pan on top of two turned on burners. Add the flour and whisk until well incorporated. Whisk constantly for 3 minutes until flour is cooked. Add the reserved liquid and whisk vigorously until you have a smooth sauce.

Carve the chicken and serve with the stuffing and gravy. Enjoy!