



ROAST CHICKEN WITH THYME AND HONEY

Serving:

6

Type:

Meat

Author:

Leah Koenig; Adapted from THE JEWISH COOKBOOK, 2019

Notes:

From Leah: "Roast chicken is one of Ashkenazi cuisine's most iconic Shabbat dinner dishes, and for good reason. It is quick to prepare, homey, and comfortingly delicious. There are infinite ways to dress up plain roast chicken, but a mix of fresh herbs and aromatic vegetables that soak up the drippings as the bird cooks is especially divine."

Ingredients:

3 medium parsnips, peeled, halved lengthwise, and cut into 1 inch (2.5 cm)

pieces

3 medium carrots, peeled, halved lengthwise, and cut into 1 inch (2.5 cm) pieces

2 small onions, each cut into 8 wedges

2 heads garlic, cloves separated and peeled

6 sprigs thyme, plus 1 tablespoon finely chopped thyme leaves

4 tablespoons extra virgin olive oil

Kosher salt and freshly ground black pepper

4 lb (1.8 kg) bone in, skin on chicken thighs and drumsticks, patted dry

1 tablespoon fresh lemon juice

2 tablespoons honey

Directions:

Preheat the oven to 475°F (245°C/Gas Mark 9).

Scatter the parsnips, carrots, onions, garlic, and thyme sprigs in the bottom of a large roasting pan or baking dish. Drizzle the vegetables with 2 tablespoons of the oil and sprinkle generously with salt and pepper.

Lay the chicken pieces on top of the veggies. Drizzle the remaining 2 tablespoons oil over the chicken, rubbing it in to coat all sides, then sprinkle with salt and pepper. Roast for 25 minutes.

Meanwhile, in a small bowl, whisk together the lemon juice, honey, and chopped thyme until combined.

Reduce the oven temperature to 400°F (°200C/Gas Mark 6). Brush the chicken pieces evenly with the lemon honey mixture, then continue cooking until the skin is browned, the juices run clear, and an instant read thermometer inserted into the thickest part of a thigh registers 165°F

(74°C), 25-30 minutes. Let rest for 10-15 minutes before serving.