



## Sheet Pan Roast Chicken with Crunchy Garlic Bread, Potatoes, Carrots and Shallots

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*This is one of those soul satisfying recipes that makes your house smell divine and brings comfort year 'round. It is also a great recipe for using bits and bobs of onions, potatoes, cauliflower—any vegetable—that takes about an hour to cook. You could also make it with the bread and garlic and serve sautéed spinach on the side.*

**Serves 4-6**

### Ingredients:

- 1 baguette, cut in half
- 1 whole chicken (about 4 pounds), butterflied
- Extra-virgin olive oil
- 1 teaspoon Kosher salt, plus more if needed
- 1 teaspoon dried herbes de provence, plus more if needed
- Freshly ground white pepper
- 1 small bag of baby potatoes, cleaned
- 2 heads of garlic, tops cut off
- 5 large shallots, peeled
- 4 carrots, peeled and chunked

### Method:

**Butterfly** chicken by following the steps below:

1. Place chicken breast-side down, with the tail away from you.
2. Using kitchen or poultry shears\*, cut as close to the keel bone (backbone) as possible.
3. Turn chicken around and using the tail as a guide, cut on the outside of the tail straight down the back of the chicken.
4. Remove the backbone, it will be about ½-inch wide and as long as the chicken
5. Turn chicken over and press firmly into the center of the breast.
6. The chicken will flatten out and will open like a book.
7. Twist the wing tips so that the tip is under the upper wing.

### Sheet Pan Method:

1. Pour olive oil over chicken and massage to coat all over and set aside.
2. Preheat the oven to 375 degrees F. Line a sheet pan with parchment paper.

## WHAT'S 4 DINNER?

#RECIPESTHATDISH

3. Cut both pieces of the baguette in half lengthwise as if you were slicing it to make a sandwich. Drizzle the cut side with olive oil. Place the bread next to each other on the parchment paper cut side down so that it will get nice and toasty as the chicken cooks. You will have four slices of the bread crust-side up touching each other.
4. Set the chicken on top of the bread. Season the chicken generously with about  $\frac{1}{4}$  of the salt and Herbes de Provence.
5. Toss the potatoes, shallots and carrots in olive oil and season with the rest of the salt and herbs until they are well coated .
6. Place the vegetables around the chicken on the sheet pan. Make sure the ingredients are spread evenly apart in one-layer—no overlapping for optimum browning.
7. Place the foil wrapped garlic bulbs in two of the corners—see recipe below.
8. Roast until the chicken and potatoes are cooked through, 50-65 minutes, depending on the size of the chicken pieces. Test the chicken using an instant-read meat thermometer; the chicken should be 160F for the white meat and 180F for the dark meat. If the chicken and the potatoes are cooked through, but not brown enough, turn on the broiler and let broil for 3-5 minutes to brown.
9. Remove from oven and let chicken and potatoes rest on the sheet pan. Let chicken rest for 10 minutes.
10. Serve immediately with the roasted vegetables and spread roasted garlic over the toasted bread. Drizzle with more olive oil and a pinch of finishing salt if desired.

**Roasted Garlic:** *This is one of those pantry items that make almost any recipe better. Substitute roasted garlic for raw garlic for a more mellow flavor. In most recipes that call for garlic, you can substitute roasted garlic for a sweeter, deeper flavor. When you are roasting one head, go ahead and make a few more, it keeps in the fridge for at least one weeks.*

1 head garlic

1 teaspoon olive oil

Pinch of salt

1. Remove first layer of papery skin from garlic. Slice off top  $\frac{1}{2}$ -inch from pointy top. Drizzle with olive oil.
2. Wrap in foil and roast for 40-60 minutes or until cloves are golden-brown and soft. Let cool.
3. Follow recipe instructions, but in almost all cases, eat immediately with crusty bread, or remove the roasted cloves from their skin and place in an airtight container. Store in the refrigerator until ready to use.