

Roast Chicken, Mashed Potatoes and Sautéed Green Beans

Ingredients

Chicken

1 whole chicken - 2.5-3 pounds
Diamond Crystal Kosher Salt
Handful of fresh thyme

Buttery Mashed Potatoes

4 large Yukon Gold Potatoes
1/4 - 1/2 cup unsalted butter
1/4- 1/2 cup whipping cream

Green Beans

1 pound fresh green beans, cleaned
1 tablespoon olive oil
1 tablespoon unsalted butter
Diamond Crystal Kosher Salt and Freshly Ground Black Pepper, to taste

Chicken Jus - If desired

1/2 pound of chicken bones or chicken carcass
1-2 tablespoons high smoke oil like avocado or sunflower
1 - 32 ounce box of Low Sodium Chicken Stock or homemade
1 tablespoon apple cider vinegar
3 cloves of garlic, smashed
2 carrots, peeled and cut into 2 inch pieces
2 celery stalks, cut into 2 inch pieces
2 leeks, cleaned and cut into 2 inch pieces
1 yellow onion, peeled and cut into 2 inch pieces
1 tablespoon whole peppercorns
3 bay leaves
6 sprigs of thyme
1 tablespoon of butter

Instructions

Roast Chicken

At least 8 hours prior to cooking, remove the chicken from the bag. Place it on a small sheet pan or plate with a lip. Generously sprinkle salt all over, including inside the chicken, do NOT cover it. Place back into the fridge. Remove an hour before you want to cook to bring to room temp.

Preheat a clean oven to 450 degrees. Take a paper towel and pat the chicken to remove any moisture. Add freshly ground black pepper all over the chicken. Place the thyme inside the cavity. Place in the oven and bake for approximately 55-65 minutes. Check the temp in the thigh and the breast at 55 minutes. It should be 165 degrees. Once it has hit the temperature, remove from the oven and let rest for 10 minutes, uncovered. Cut into your favorite pieces and serve with the chicken jus if you would like.

Buttery Mashed Potatoes

Fill a large saucepan with water. Add two big pinches of salt. Add the potatoes whole and with the skins on. Bring to a boil, then turn down to medium high to continue cooking. When you can stick a sharp knife into the center of the potato with ease, they are done. Drain the potatoes and set aside. With a folded towel or hot pad, hold the potato and take a small knife and peel the potato. Once done with all of the potatoes, process them through a ricer, a food mill or cut into smaller pieces to use a masher. Do not use a mixer, this will make them gummy. Once you have all of them processed back into the saucepan you cooked them in, set them aside.

In a small saucepan, heat the cream and butter to a simmer. Slowly start adding to the potatoes in thirds. Using a wooden spoon, stir the potatoes until they absorb the cream and butter mixture. Check the consistency and add more until they are just a bit runny. Add salt and pepper to taste. If you want more butter flavor, you can add a tablespoon at a time directly to the potatoes.

Green Beans

Bring a large pot of water to a boil. Add 1 teaspoon of salt and the green beans and cook for 2 minutes. Drain and place in a bowl with ice cold water.

Heat the oil in a large skillet over medium heat. Add the beans, season with salt and pepper and sauté until softened to your taste, about 5 minutes. Stir in the butter and serve.

Chicken Jus

Preheat oven to 450 degrees. Remove the bones from the fridge or the freezer and bring room temperature.

Remove as much leftover meat as possible from the roast chicken carcasses. Place the bones on a baking pan and drizzle with high-heat oil. Place the carcass in the oven and roast the bones until they are a deep golden brown, about twenty minutes for previously-roasted carcasses, or about forty minutes for wings.

Cut all of the veggies and set aside. Place the carcass in a dutch oven or slow-cooker. Add the stock and apple cider vinegar to the pot. Bring to a simmer. Add the veggies, herbs and peppercorns. Simmer for an hour.

Remove the large pieces then strain the stock through a mesh strainer. Place back in the pan and bring to a boil. Turn the heat down to medium, and reduce to half. Season with salt and pepper to taste. Add 1 tablespoon of butter before serving. Can store leftovers in the freezer.