

MY TABLE TO YOUR TABLE

by Debra Barnes

SPRING IS HERE!

With so much spring clean up to do in my garden, I need recipes that are low prep and cook time with flavorful results. An avid Ina Garten fan, she did a recipe like this that looks delicious.



With a few tweaks of my own and simple ingredients, it tasted wonderful. The recipe calls for a spatchcocked chicken. This essentially means that the backbone is removed, and the chicken is pressed out flat with your hands. This allows the chicken cook evenly whether roasted or grilled. Luckily, almost every grocery store sells chickens this way. Just a few other simple ingredients and you are on your way to dinner.

GARDEN TIME IS HERE!

Please be sure to watch on the Bow Community Facebook page for my annual organic heirloom tomato plant sale!! With over 500 plants this year, and 25 new varieties, your gardens and salads will love you for planting them!!



KITCHEN TIP:

When using my oven, I always give it 30 minutes to come up to proper temperature. It takes the oven time to not only heat to the specified temperature, but the oven walls, racks also need to be heated through. This tip was given to me about 15 years ago when I purchased a new stove and it works like a charm!

Be sure to check out and follow my Instagram page #EAT603. You can also check out more recipes on The Bow Times website: www.thebowtimes.com.

SKILLET ROASTED CHICKEN WITH LEMON, THYME AND GARLIC



**PREHEAT OVEN TO 450 DEGREES

Serves 4

- One 4 pound "Spatchcocked" Chicken
- 2 teaspoon fresh thyme leaves
- 6 -10 fresh thyme sprigs
- ½ teaspoon paprika
- ½ teaspoon ground fennel seeds
- 3 tablespoons unsalted butter
- 1 teaspoon extra virgin olive oil
- 10 large cloves of garlic sliced
- 2 lemons cut in half length wise
- 1 white baseball size onion sliced ¼ inch
- Juice of 1 lemon
- 1 half cup of white wine
- 1 ½ teaspoons sea salt
- 1 teaspoon fresh ground black pepper
- 1 pound small 1-inch potatoes (optional)



I found the best pan for this was my 15-inch cast iron frying pan. It fit the chicken perfectly without crowding. A 12 inch will work too!

In a bowl, mix the fresh thyme leaves, ½ teaspoon salt, black pepper, paprika, ground fennel butter and olive oil.

Using your fingers, gently slip them under the skin to create a pocket in the chicken breast area. Smear half of the butter herb mixture in the pockets evenly. Spread the remaining all on over the breasts, legs, and wings. Sprinkle remaining salt all over the chicken. This will help keep your chicken moist and skin crispy.

Place the sliced lemons cut side down in the pan. Sprinkle the onion and garlic over the lemons. Toss the thyme sprigs over the lemon onion. This will help infuse the chicken with those flavors. Place the chicken cut side down over the lemon onion garlic mixture.

Roast chicken for 45 minutes. Toss in potatoes (if using) around the chicken as well as a ½ cup of white wine and reserved lemon juice around the chicken and not over. (if your pan seems really dry, add ¼ cup of water as well)

Roast another half hour. Remove from oven and let rest a minimum of 15 minutes in the pan. Remove to a cutting board and cut chicken down the center and then halve. Scoop up all the onion and garlic jus and serve with your potatoes. If you have some chopped parsley on hand, it will make a nice finish to this dish.

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