

'Poulet de Paris' – Pan Roasted Chicken with Baby Potatoes

Can feed 2 - 6 people, Preparation time 10 minutes, Cooking time 25 - 45 minutes

Ingredients:

1 each	Whole Chicken, 3 - 3.5 pounds (may be labeled broiler or fryer chicken)
2 cups	Sweet, Yellow, or White Onion (about 1 medium onion), peeled, 1" dice
2 cups	Small Potatoes (can go by marble, baby or pee wee), whole & rinsed or 1" dice Yukon Gold Potato
2 cups	Celery, rinsed, 1" dice
4 sprigs	Thyme, fresh, rinsed (can sub ½ teaspoon dry thyme)
1 each	Bay Leaf, dry (optional)
2 tablespoons	Parsley, fresh, rinsed & chopped fine (optional, can sub 1 teaspoon dry parsley)
2 – 4 tablespoons	Extra Virgin Olive Oil (canola, sunflower, vegetable or a blend may be substituted)
½ cup	White Wine (optional)
1 cup	Water or Chicken Broth, low sodium
2 tablespoons	Butter (optional)
As needed	Kosher Salt (I swear by Diamond Crystal Brand)
As needed	Black Pepper, fresh ground

Method:

- 1) Heat the oven to 450 degrees Fahrenheit.
- 2) Dice the celery and onion and mix with potato, reserve,
- 3) Check that if the chicken has and giblets inside, and if so remove.
- 4) Next the chicken will be spatchcocked. To do this place the chicken breasts down and using the kitchen shears to remove the backbone. Cut as close as possible to the backbone on each side to remove. Once the backbone has been cut out reserve for later.
- 5) Place the chicken with skin side up and use slight pressure to break the breast cartilage so the chicken will lay more flat. Adjust the thighs so as much surface area of the skin is facing up.
- 6) Place the large sauté pan over a large burner and turn on high and add olive oil.
- 7) Season the entire chicken with salt and pepper.
- 8) When oil is shimmering in the pan and almost smoking place the chicken in the pan skin side down. If you are using an electric range top you may want to turn the heat to medium high at this point.
- 9) Try not to move the chicken around too much. Let the skin get crispy. Do check that it is cooking evenly and not burning. It is easier to rotate the pan around to more evenly brown the chicken skin as opposed to trying to move the chicken in the pan.
- 10) When the chicken skin appears golden brown place the pan in the 450 degree Fahrenheit oven for 10 minutes.
- 11) Remove pan from the oven and flip the chicken over and slide, skin side up, on to the tray or platter lined with foil.
- 12) Add to the hot sauté pan the celery, onion, potatoes, thyme, bay leaf, and 1 tablespoon of butter (can be omitted) along with a pinch of salt and pepper. Stir everything in the pan together and then place the chicken on top with the skin side facing up.
- 13) Place back in the oven and cook for about another 20 minutes or until the chicken reaches an internal temperature of 165 degrees Fahrenheit.
- 14) When the chicken is cooked through remove the pan from the oven, and place the chicken on your large plate.
- 15) Place the pan with cooked vegetables and potatoes on the stove over high heat.
- 16) With tongs remove the thyme and bay, and then pour in the white wine (this can be skipped) and cook until the wine has evaporated by half. During this time stir with a heat resistant spoon.
- 17) Add the water or broth and let cook until also evaporated by about half.
- 18) Taste, adjust seasoning as needed. Stir in chopped parsley and remaining butter if desired.
- 19) Pour the vegetable mixture over the chicken and serve.

#### Equipment & Tools:

Sharp Kitchen Knife (preferably about 6" and not serrated), Kitchen Shears or Scissors(optional), Cutting Board, Measuring Cup(s) & Spoons, Kitchen Tongs, Wide Spatula, Large (at least 11" in diameter) Sauté Pan, Baking Tray or Large Platter/Plate lined with aluminum foil plus an additional Large Platter/Plate for plating, Stove/Range & Oven

#### Notes:

Always wash your hands and surfaces responsibly when handling raw chicken.

Be safe and use appropriate pot holders or kitchen towels when handling hot pans.

Oven temperatures may vary.

All stove and range tops are different. Even in the professional kitchen we will change the cook top temperature to adjust as we are cooking.

The backbone can be removed with a knife. Scissors are just easier.

The type of oil really depends on the flavor you want. I prefer extra virgin olive oil blended with canola or vegetable oil for a lot of cooking. It raises the smoke point and you still get that awesome olive oil flavor.