



**A 3-pound, ready-to-cook roasting or frying chicken**

**1-2 medium-sized carrots**

**1 medium-sized onion**

**4-5 medium-sized potatoes**

**2 tb softened butter**

**Salt**

# **Poulet Rôti (Roast Chicken) from “Mastering the Art of French Cooking”, by, Julia Child**

***Note from Julia:** You can always judge the quality of a cook or restaurant by roast chicken. While it does not require years of training to produce a juicy, brown, buttery crisp-skinned heavenly bird, it does entail such a greed for perfection that one is under compulsion to hover over the bird, listen to it, and above all see that it is continually basted and that it is done to proper turn.*

***Note from Chérie:** This adaptation removes the last step of making a sauce from the bird’s juices, using a small carrot and onion. I find pan juices exceptional in their unadulterated form, all while lending to an easier preparation. My vegetable additions are a simple carrot, onion, and potato to soak up some of the delicious juice.*

1 Preheat oven to 425 degrees

2 Sprinkle the inside of the chicken with salt, and smear in half the butter. Truss the chicken. Dry it thoroughly, and rub the skin with the rest of the butter.

***Note from Chérie:** The goal with trussing is to obtain even cooking. A quick tie around the legs seems to do the trick.*

3 Place the chicken breast up in the roasting pan. Strew the vegetables around it and set it on a rack in the middle of the preheated oven. Allow the chicken to brown lightly for 15 minutes, turning it on the left side after 5 minutes, on the right side for the last 5

minutes, and basting it with butter and oil after each turn. Baste rapidly so the oven does not cool off. Reduce oven to 350 degrees. Leave the chicken on its side and baste every 8 to 10 minutes, using the fat in the roasting pan once the butter and oil are exhausted. Regulate oven heat so chicken is making cooking noises, but fat is not burning.

4 Halfway through estimated roasting time, salt the chicken and turn it on its other side. Continue basting.

5 Fifteen minutes before end of estimated roasting time, salt again and turn breast side up. Continue basting.

6 Indications that the chicken are almost done are: a sudden rain of splutters in the oven, a swelling of the breast and slight puff of the skin, the drumstick is tender when pressed and can be moved in its socket. To check further, prick the thickest part of the drumstick with a fork. Its juices should run clear yellow. As a final check, lift the chicken and drain the juices from its vent. If the last drops are clear yellow, the chicken is definitely done. If not, roast another 5 minutes and check again.

7 When done it should sit at room temperature for 5 - 10 minutes – before being carved so its juices will retreat back into the tissues.

SOURCE: [THESAVERY.SUBSTACK.COM](http://thesavory.substack.com)

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