

Prep Time: 20 minutes

Cook Time: 1 hour 20 minutes

Rest Time: 15 minutes

Total Time: 1 hour 55 minutes

Servings: 4

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Ingredients

For the Chicken:

- 1 whole chicken (approx. 4 to 5 lbs), giblets removed
- 3 tablespoons olive oil (divided)
- 1 whole lemon (zested, then halved)
- 6 cloves garlic (4 minced, 2 smashed)

- 4 fresh rosemary sprigs (plus 1 tablespoon finely chopped rosemary leaves)
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 large onion, quartered
- 2 carrots, roughly chopped

For the Pan Sauce (Optional):

- ½ cup dry white wine or chicken broth
- 1 tablespoon cold butter

Instructions

Phase 1: Preparation (Low Intensity)

1. Preheat the Oven: Preheat your oven to 425°F (220°C). Ensure your oven rack is in the lower-middle position so the chicken has room to breathe.

2. Dry the Bird: Pat the chicken dry with paper towels. This is crucial for crispy skin. Let it sit at room temperature for 15 minutes while you prep the other ingredients.
3. Prepare the Herb Butter: In a small bowl, combine 2 tablespoons of olive oil, the minced garlic, lemon zest, and the finely chopped rosemary leaves (this is the high-intensity portion). Mix into a paste.

Phase 2: Seasoning (Medium Intensity)

4. Loosen the Skin: Carefully slide your fingers under the skin of the chicken breast and thighs. Be gentle; you want to separate the skin from the meat without tearing it.
5. Apply the Paste: Rub the rosemary-garlic paste directly onto the meat under the skin. This ensures the flavor penetrates the flesh, not just the skin.
6. Season the Cavity: Sprinkle the inside of the chicken cavity with salt and pepper. Stuff the cavity with the halved lemon, the smashed garlic cloves, and 2 rosemary sprigs.
7. Truss and Oil: Tie the legs together with kitchen twine (optional but helps even cooking). Rub the outside of the chicken with the remaining 1 tablespoon of olive oil and season generously with salt and pepper.
8. Prepare the Roasting Pan: Scatter the chopped onion and carrots on the bottom of a roasting pan. Place the remaining 2 rosemary sprigs on top of the vegetables. Place the chicken breast-side up on top of the vegetables.

Phase 3: The Roast (Time & Heat)

9. Initial High Heat: Roast at 425°F (220°C) for 20 minutes. This high heat kickstarts the browning process (Maillard reaction).
10. Lower and Slow: Reduce the oven temperature to 375°F (190°C). Continue roasting for 50 to 60 minutes.
11. Basting: Every 20 minutes, baste the chicken with the pan juices. If the skin is browning too quickly, tent it loosely with aluminum foil.
12. Check Temperature: The chicken is done when the internal temperature of the thickest part of the thigh reaches 165°F (74°C), and the juices run clear.

Phase 4: Resting and Serving

13. The Rest: This is the most important step. Transfer the chicken to a cutting board and let it rest for 15 minutes. This allows the juices to redistribute. If you cut it immediately, the juice will run out, leaving dry meat.
14. Make the Sauce: While the chicken rests, place the roasting pan on the stovetop over medium heat. Add the wine (or broth) and scrape up the browned bits (fond) with a wooden spoon. Let it reduce by half, then whisk in the cold butter for gloss. Strain the vegetables out.
15. Serve: Carve the chicken and serve with the pan sauce.

Recipe Notes & Variations

- Air Fryer Rosemary Fries: Toss potato wedges with oil, salt, and 1 tablespoon of chopped rosemary. Air fry at 400°F for 15-20 minutes. (Intensity: High)
- Rosemary Skewers: If you have thick, woody rosemary stems, strip the leaves (save them!) and use the stems as skewers for chicken or shrimp on the grill. (Intensity: Medium)
- Infused Oil: Warm olive oil in a pan with 2 rosemary sprigs and garlic cloves. Let cool and strain. Use for dipping bread. (Intensity: Low)

Nutrition Information

Disclaimer: The nutritional information below is an estimate based on a 4oz serving of chicken with skin and the accompanying pan sauce. It is calculated using standard database values and is for informational purposes only.

- Calories: 490 kcal
- Total Fat: 32g (Saturated Fat: 8g)
- Cholesterol: 145mg

- Sodium: 620mg
- Total Carbohydrates: 4g (Dietary Fiber: 1g, Sugars: 1g)
- Protein: 42g
- Vitamins: Vitamin A (8% DV), Vitamin C (15% DV), Calcium (4% DV), Iron (12% DV)