



POWERED BY UNITED WAY OF GREATER LORAIN COUNTY

## BASIC ROAST CHICKEN

- 1 4-pound whole chicken
- 3 teaspoons salt (preferably sea or kosher salt)
- 1 teaspoon pepper
- Kitchen twine (it's cotton, not regular twine)
- Optional ingredients; these will punch up the flavor!*
- 1 lemon, cut in half
- 1 bunch fresh thyme
- 1 whole head of garlic, cut in half crosswise

### Directions:

1. Preheat the oven to 450° F.
2. Rinse chicken inside and out; pat dry with paper towels. Sprinkle salt inside the bird and over the skin. Sprinkle pepper over the bird to taste. (Optional: insert the lemon halves, thyme and garlic in the cavity.) Tie the legs together with kitchen twine and tuck the wing tips under the body of the chicken.
3. Place the chicken in a roasting pan. Roast in the preheated oven until the skin is browned and crisp, approximately 1 hour or until an instant-read thermometer reads 160° F. (Insert the thermometer into the thick part of the thigh without touching the bone.) Let the chicken rest for 15 minutes before carving.

## CHICKEN CARCASS STOCK AND SOUP

*After you've enjoyed your Roast Chicken, don't throw out the carcass! Bones are a good source of various minerals and vitamins, collagen and amino acids, such as proline and glycine. Collagen literally means "glue producing" and it's what holds our bones together. Bone marrow, the spongy tissue inside some of the bones in the body, is also rich in nutrients, including iron and vitamins A and K.*

### For the stock:

- 1 roasted chicken carcass, meat removed and reserved for the soup
- 1 tablespoon olive oil
- 10 cups water
- 1 medium carrot, peeled and coarsely chopped
- 1 medium celery stalk, coarsely chopped
- 1/2 medium yellow onion, coarsely chopped
- 1 bay leaf

- 1/2 teaspoon whole black peppercorns

**For the soup:**

- 2 medium carrots, peeled and diced (medium)
- 2 medium celery stalks, diced (medium)
- 1/2 medium yellow onion, diced (medium)
- 1 teaspoon sea or kosher salt
- 2 sprigs of fresh thyme (or ¼ teaspoon dried thyme)
- Freshly ground black pepper
- 1 cup uncooked egg noodles (about 2 ounces)

**DIRECTIONS**

**For the stock:**

1. Remove and set aside any leftover pieces of chicken from the carcass to use in the soup. Then, using kitchen shears or a sharp knife, cut up the carcass into smaller pieces.
2. In a large pot, heat the olive oil over medium heat and add the chicken bones. Cook, turning occasionally for about 8 minutes.
3. Add the water, vegetables and bay leaf, scraping up any browned bits from the bottom of the pot with a wooden spoon. Bring to a simmer (do not let the stock come to a boil).
4. Continue to simmer, skimming any scum off the surface of the stock using a large spoon. Cook for about 90 minutes.
5. Remove and discard any large pieces of carcass. Then, pour the stock through a strainer into another large pot. Discard the contents in the strainer. (You can keep the stock in the refrigerator for up to 3 days or freeze it for up to 1 month.)

**For the soup:**

1. Bring the stock to a simmer over medium-high heat. Add the carrots, celery, onion, salt, thyme and season with pepper. Stir to combine. Return to a simmer until the vegetables are tender, about 20 minutes.
2. Add the noodles to the pot and the reserved chicken meat.
3. Return the soup to a simmer and cook until the noodles are soft, about 10 to 12 minutes longer. Discard the thyme sprigs. Season with salt and pepper to taste.