



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## **ROASTED CHICKEN**

Serves 2-4

Preheat oven 375°F

4 lb chicken, rinsed with cold water and dried thoroughly  
1 rack baby back pork ribs, silver skin removed and cut into 4 pieces  
2 medium onions, stem end removed and halved  
2 shallots, trimmed and halved  
4 carrots, trimmed and halved vertically  
3 potatoes, peeled and halved  
1 bulb garlic, papery bit removed  
4 bay leaves  
olive oil  
sea salt  
freshly ground black pepper  
1 small bunch fresh sage

### **THE STEPS:**

- Take your chicken and pork out of the refrigerator 30 minutes before roasting.
- Place the chicken, pork and vegetables and half of the garlic on a large roasting tray and drizzle with olive oil. Separate the cloves...
- Season well with salt and pepper, rubbing it all over the bird and pork.
- Put the rest of the garlic and the sage inside the chicken's cavity.
- Place the baking tray in the oven on the lowest rack.
- Baste the chicken, pork and the vegetables halfway through cooking time. I roasted mine for 100 minutes. Pierce the thigh with a sharp knife, if the juice runs clear it's done!
- When the chicken is cooked, take the tray out of the oven, cover everything with a layer of tinfoil and leave to rest for 15 minutes.

**THE LOVE:** There's no need to peel the vegetables – just wash them and remove the stem ends. Break the garlic bulb into cloves, leaving them unpeeled. Use lots of salt and pepper! Last thing, I don't use a cover in the oven.