

CASSEROLE-ROASTED CHICKEN WITH TARRAGON

This recipe is inspired by Julia Child's Poulet Poêle À L'Estragon. (Sorry Julia, I do not truss my chicken for my Tarragon Chicken recipe). I have followed her recipe exactly and I do admit that the breast meat of the chicken is a bit juicier when the bird is trussed. Also, if you would like to serve your chicken intact you will need to truss the bird and increase the cooking time in this recipe by approximately 10 minutes. If you do not truss the chicken, as I do in this recipe, the legs will fall loose when you pick it up out of the pan. I prefer to carve the bird prior to serving so it's not important to me to have the bird in one piece. For personal taste I add garlic and increased the vegetables used in this recipe.

1 whole 3-5 lb Roasting Chicken
4 Tbls. Butter, separated
1 tsp. Tarragon, dried (2 tsp. chopped fresh)
Salt and Pepper
1 Tbls. Vegetable Oil
1 cup Sweet Onion, diced
1 - 8 oz. bag (½ lb) Baby Carrots or sliced regular carrots
5 cloves garlic, whole with skins on
½ tsp. Tarragon, dried (1 tsp. chopped fresh)
1 cup Chicken Broth
½ Tbls. Cornstarch
1 Tbls. Marsala
¼ tsp. Tarragon (½ tsp. chopped fresh)

- ☞ Brush 2 tablespoons melted butter on the outside and inside of the chicken. Then sprinkle the tarragon, salt and pepper on the outside and inside of the chicken.
- ☞ Preheat oven to 325°. Melt 2 tablespoons butter and vegetable oil in a Dutch Oven or heavy stove-to-oven-safe pan. Brown the chicken on all sides, starting with the breast side first. Remove chicken to a platter.
- ☞ In the same pan, sauté onions, carrots, garlic, and ½ teaspoon tarragon for 3-5 minutes. Return the chicken to the pan, breast side up. Using a bulb baster, baste the chicken with the liquid in the pan, squirting juice into the chicken cavity as a last step. Cover chicken with a piece of aluminum foil, then cover with the pan lid. Bake 35 minutes for a 3 lb chicken, 45 minutes for a 5 lb chicken. The chicken is done when the drumstick moves in their sockets.

NOTE: THE LENGTH OF TIME TO COOK WILL VARY BASED ON THE TYPE OF PAN OR DISH YOU ARE USING. THE TIME I RECOMMEND IS BASED ON USING A HEAVY NON-STICK CAST IRON PAN. JULIA CHILD RECOMMENDS 1 HOUR 10 MINUTES FOR A CHICKEN WEIGHING 3 LB AND 1 HOUR 30 MINUTES FOR A 5 POUNDER, WHICH I FOUND TO BE TOO LONG. HER LENGTHIER TIME IS PROBABLY DUE TO HER CHICKEN BEING TRUSSED AND THE RECIPE WAS WRITTEN IN 1961, WHEN IT WAS MORE COMMON TO COOK POULTRY WELL-DONE.

- ☞ Remove chicken to a platter. Skim off excess oil in pan. Remove garlic to a small plate. Remove the garlic skins and using the tines of a fork, mash garlic into a paste. Return garlic paste to the pan and stir into juices. Add chicken broth to pan and bring the mixture to a boil on the stovetop. Combine cornstarch and Marsala in a small bowl. Stir cornstarch mixture into pan, mixing well to prevent lumpiness. Add ¼ teaspoon tarragon and simmer for 3 minutes to let herb flavor meld into sauce.

SERVING RECOMMENDATIONS: CARVE CHICKEN PER YOUR OWN PREFERENCE AND POUR SAUCE AND VEGETABLES OVER CHICKEN. THIS RECIPE IS GREAT WITH ROASTED OR MASHED POTATOES OR RICE PILAF.