Oklahoma Cooks

Native American Roasted Chicken Originally aired 1/21/12

(Serves 4)

**Ingredients:**
- 1 whole chicken from Walnut Creek or other free-range bird
- 1 yellow onion, large dice
- 1 medium carrot, peeled, large dice
- 1 stalk celery, large dice
- 4 pieces wild garlic or 4 cloves garlic
- Salt and pepper to taste
- 1 1/2 lb. sweet potatoes, peeled, large dice
- 4 to 6 oz. whole milk or half 'n' half
- 2 Tb. butter, unsalted
- Salt to taste
- 4 cloves garlic, wild or regular, sliced thin
- 16 oz. chicken broth
- 1 Tb. sage, wild or regular, rough chop
- 1 Tb. cornstarch mixed with 2 Tb. cold water to make a slurry

**Equipment needed:**
- 2 cutting boards
- 1 chef’s knife
- 1 vegetable peeler
- 1 strainer
- 12-inch cast iron skillet or roasting pan
- 1 double boiler for steaming
- 1 small food processor or potato ricer or anything to mash with
- 1 small metal mixing bowl
- Plastic wrap
- Thermometer
- Whip
Instructions:

1. Preheat an oven to 425° F. Bring the chicken up to room temperature by letting it sit on the counter for about 45 minutes while the oven preheats.

2. Place the chicken on one of the cutting boards and pat the chicken dry with some paper towels. Season the chicken inside and out well with salt and pepper.

3. Place the onions, carrots, and celery on the bottom of the roasting pan in one even layer and season with salt and pepper.

4. Place the chicken on top of the onions, carrots, and celery, and place in the 425° F oven. Discard the cutting board that the chicken was on, and wash your hands. Allow the chicken to cook at 400° F for the first 20 minutes and then turn the temperature down to 375° F. The chicken will take about 40 to 50 minutes to cook to an internal temperature of 165° F. Temperature should be tested where the leg meets the backbone. Reserve the roasted garlic for garnish.

5. Bring your double boiler to a heavy boil. Place the peeled and cut sweet potatoes into the double boiler and steam for about 8 to 10 minutes or until soft. Keep the double boiler on.

6. Place the sweet potatoes in the food processor with the milk, butter, and salt and process until smooth. Season with salt and place into the metal mixing bowl, cover with plastic wrap, and set the bowl over the double boiler to keep warm.

7. Remove chicken from the oven when the internal temperature at the leg and backbone reads 165° F. Place the chicken on a clean cutting board and allow the chicken to rest there.

8. Meanwhile, to make the jus lie, place the roasting pan on a burner with medium heat and add the garlic and sage. If the pan is completely dry of fat, add a touch of butter.

9. Add the chicken stock and bring it up to a simmer. Add the cornstarch slurry (make sure the slurry is thoroughly mixed) and use a whip to incorporate the slurry. Allow the sauce to simmer for 5 minutes. Taste the sauce and adjust seasoning with salt. Strain and keep hot.

10. Serve this family style or individually by portioning the sweet potatoes, placing the chicken on top, and add the jus lie. Garnish with the roasted garlic.

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