

# Skillet Roasted Chicken in Lemon Sauce

Recipe Source: ATK Simply Chicken p. 123

Serves: 4

Effort: Medium

## SHOP IT!

Oils, Vinegars & Spices	
Table Salt	<input checked="" type="radio"/>
Vegetable Oil	<input checked="" type="radio"/>
Produce	
Box Shallots	<input checked="" type="radio"/>
Oregano	<input checked="" type="radio"/>
Parsley	<input checked="" type="radio"/>
2 lemons	<input type="radio"/>
1 Head Garlic	<input checked="" type="radio"/>
Pantry - Baking Ingredients	
All Purpose Flour	<input checked="" type="radio"/>
Meats & Seafoods	
1 Whole Chicken	<input type="radio"/>
Dairy	
Block Butter	<input checked="" type="radio"/>
Canned Goods - Soups, Broth & Bouillon	
Sm Chicken Broth	<input checked="" type="radio"/>

## MISE IT!

X-Large Bowl		1
Whole chicken	Cut into 8 pieces, breast split in 2 halves	
2 qts water		
1/2 c. table salt	dissolve salt in water using whisk, then add chicken	
Large Skillet		2
3 tbs vegetable oil		
Small Bowl		3
2 tbs butter		
1 lg shallots	buzzed	
1 garlic cloves	buzzed	
Small Bowl		4
4 tsp flour		
Measuring Cup		5
1 c. chicken broth		
1/4 c. lemon juice	freshly squeezed	
Mini Bowl		6
1 tbs lemon zest	finely grated	
Food Processor		7
1 tbs oregano	rinsed, buzzed	
1 tbs parsley	rinsed, buzzed	

## MAKE IT!

DO	WITH	HOW	IMPORTANT
<b>TO BRINE CHICKEN</b>			
Cover/Refrigerate	1		30 mins to an hour
Pat Dry	Chicken pieces	Using paper towels	
<b>FOR THE CHICKEN</b>			
Adjust	Oven Rack		Lower Middle Position
Preheat	Oven		475 F Degrees
Heat	2	UNTIL just smoking	Medium High Heat
Place/Cook	Chicken Pieces	Skin side down in skillet UNTIL skin is well browned and crisp	About 8 to 10 mins
Transfer	Breasts	To a large plate	Chicken will not be fully cooked through
Flip/Cook	Thighs + Legs	UNTIL browned on second side	About 3 to 5 mins longer
Transfer	Thighs + Legs	To plate with breast pieces	
Pour off/Discard	Fat	In the skillet	
<b>FOR THE SAUCE</b>			
Heat			Medium High Heat
Add/Cook	3	UNTIL fragrant	About 30 secs.
Sprinkle	4	Evenly over garlic shallot mixture	
Cook	4	UNTIL is lightly browned	About 1 min
Cloudy Stir	5	Scraping any brown bits	

1 cup parsley	finely, buzzed
1" piece lemon zest	Using potato peeler, buzzed

Slowly stir	5	Scraping any brown bits	
Simmer/Cook	Sauce	UNTIL slightly reduced and thickened	About 2 to 3 mins
Stir	6		
Remove	Skillet	From heat	
<b>FINISH THE CHICKEN</b>			
Return	All chicken pieces	To skillet with sauce	Skin side up and above the surface of the sauce
Bake	Chicken + Sauce	In oven UNTIL chicken fully cooked	
Check	Temperature + Chicken Pieces	Using instant read thermometer	Breasts register 160 F Degrees Thighs/Legs register 175 F Degree
Remove	Skillet	From oven	
Stand	Chicken		About 5 mins
Transfer	Cooked chicken	To a serving platter	
Whisk	Sauce	UNTIL thoroughly combined and smooth	
Add/Whisk	Half + 7	Into the sauce	Only half of 7 is required for this step
Sprinkle	Remaining Half + 7	Over the chicken on the serving platter	
<b>SERVE</b>			
Pour	Sauce	Over chicken	Serve sauce on the side as well

#### TOOLS AND TECHNIQUES REQUIRED

Extra large metal oven safe pan; lemon zester; potato peeler; OVEN; whisk; small or mini food processor; paper towels; instant read thermometer