



## OVEN ROASTED ½ CHICKEN PROVENÇAL

with lemon and herb pan jus, fingerling potatoes and seasonal vegetables.

Whole Chicken cut in two  
5ml Herbes de Provence  
200ml demi-glace  
60ml white wine  
fresh herbs  
½ lemon  
15ml Olive Oil

There is nothing like a succulent roast chicken. The trick to keeping it moist is to cook it on the bone (cutting the chicken in half will help reduce cooking time while retaining moisture). There are also many fancy chicken rubs on the market, but we think that Herbes de Provence is all you really need.

Preheat oven to 475°F (250°C). In a large roasting pan, place chicken halves bone-side down. Sprinkle with 5mls Herbes de Provence and salt and drizzle oil to coat evenly. Roast for 30 to 40 minutes, until chicken is golden brown and skin is crispy. Have your oven light on; peek through your oven window to check that it's browning nicely. Remove chicken from pan and place on a serving platter. Place pan on stove element on high heat and deglaze with 60ml white wine. Add 200ml demi-glace and stir continually for 1 minute, letting sauce reduce. Turn off heat, add fresh herbs and the juice of a half lemon, stir, and serve alongside chicken.

## DEMI-GLACE

Demi-glace is a traditional French brown sauce made from either veal stock or beef stock, sherry, and Espagnole sauce.

## FINGERLING POTATOES

We've provided yours for you. Microwave for a few minutes at high heat until hot.

## SEASONAL VEGETABLES

15ml olive oil  
Seasonal vegetables

In a sauté pan on medium to high, heat 15mls of olive oil, and add seasonal vegetables. Season with salt and pepper as desired, and sauté for 1 minute. Place next to mashed potatoes on serving dish.

Finish by adding the chicken and lemon herb pan jus. Bon Appetit!