

## Roasted Chicken and Vegetables with Garlic, Lemon, and Fennel

### ***Stage one: prepare vegetables and chicken to receive spices inserted under skin of chicken***

--1 three to three and ½ pound chicken (or equivalent thighs/leg quarters) quartered with wing tips removed

--2 Tablespoons olive oil

--2 ¼ teaspoons salt

--1 ¾ teaspoons black pepper

--1 pound new potatoes cut into 1 inch wedges

--2 zucchini (1 pound total), quartered lengthwise, then cut crosswise into 2 ½ -3 inch wedges

1 medium onion, halved lengthwise, then cut crosswise into ¼ inch thick slices

2 medium carrots, quartered length wise, then cut crosswise into 2 ½ -3 inch wedges (*the carrots were not in the original recipe, they tend to burn, but they add color and flavor*)



--Put oven rack in upper third of oven and heat to 500 degrees

--Pat chicken dry and then toss with 1 Tablespoon oil, 1 ¼ teaspoons salt and pepper in bowl.

--Loosen skin from chicken parts using fingers and arrange chicken, skin side up, without pieces touching, in large roasting pan (15 x 10 x 1 inch), leaving, if possible, a 2inch border around edges of pan.

--Toss potatoes and vegetables in remaining tablespoon oil, remaining teaspoon salt and remaining ¾ teaspoon pepper in same bowl, then spread in one layer around chicken, arranging zucchini skin sides up.

### ***Stage two: prepare spices for insertion under skin of chicken***

--1 ½ medium lemons

--three tablespoons extra virgin olive oil

--three cloves garlic minced (1 ½ teaspoons bottled)

--1 ½ teaspoons fennel seeds or cumin seeds, crushed (*can also use oregano or thyme, fresh rosemary, Italian parsley, cilantro, tarragon or sage instead of fennel. Lime or orange can replace lemon.*)

½ cup chicken broth

1 Tablespoon fresh lemon juice from ½ lemon mentioned above

--Shred peel (zest) from one lemon and juice the lemon

--Combine peel (zest), juice, oil, garlic, fennel and spoon under skin of each chicken piece

--Stir together chicken broth and lemon juice from ½ a lemon and pour into pan around chicken and vegetables.

### ***Finish:***

--Roast uncovered, until chicken is pale golden and cooked, about 30 minutes

--Remove pan from oven and preheat broiler...broil chicken and vegetables 3 inches from heat until chicken golden brown—about 6 minutes or less (*I find 3-4 minutes adequate*)

--Serve with pan juices