

Wally's Crispy Skin Roast Chicken

Ingredients

1 whole chicken, about 4 pounds

3 cloves garlic, minced

1 shallot, minced

2 tbsps mixture of rosemary and thyme, minced

1 tsp mustard

1/3 cup white wine

Salt and pepper

Half a lemon

Fresh parsley

Directions

Pat the chicken completely dry. Beginning near the neck, use an inverted spoon to push beneath skin to work it loose. Loosen the skin completely around the breast, along the back and into the thighs. This creates the pocket for your herb mixture.

Use a blender to combine the garlic, shallot, herbs, mustard and wine into a smooth paste. Spoon it into the cavity you created between the skin and chicken flesh. Use your fingers to massage the mixture evenly across the bird. Salt and pepper both the skin of the bird and its interior cavity. Place a handful of parsley or other herbs along with the lemon inside the cavity.

Set the chicken in a roasting pan and place inside an oven pre-heated to 450 degrees. Roast the bird until juices from the thigh run clear, or 165 degrees, about 45 to 50 minutes.

Let stand 15 minutes before carving.