

## Herb Roasted Chicken

### Ingredients

- 1 2-3 lb fresh whole chicken
- 4 sticks of butter (if you want it healthy ... you don't want it juicy)
- 1 bulb of garlic
- 1 bunch of fresh sage
- 1 bunch of fresh thyme
- 1 bunch of fresh marjoram
- 3 bunch of fresh rosemary
- 1 bunch of fresh basil
- 4 ounces or so of olive oil (you just need some olive oil)
- 1 large lemon
- 2 tablespoon salt
- 2 tablespoon coarse ground pepper
- 1 onion
- 1 orange

### Preparation

- **Step 1:** Pat the chicken dry and generously season the skin with salt and pepper and let stand until it gets to room temperature.
- **Step 2:** Hopefully the butter is nice and soft but not melted. Set 2 bunches of rosemary aside and take 1 bunch of rosemary and the rest of the herbs and chop them up being careful to remove all of the stems. From the bulb of garlic take 4 cloves and mince it or press it or throw it in a food processor or beat it with a hammer if you really need anger management. Then mix all of the herbs, 1 tablespoon salt, and 1 tablespoon pepper with the softened butter and try and roll it into 3 balls.
- **Step 3:** Very gently lift up the skin and work 1 of the butter balls under the skin being very careful to not tear the skin. You can work the butter under the skin as far as you can from the back and then repeat the process from the front with the second butterball. Then with the third butter ball rub the outside of the skin being sure to hit the legs.
- **Step 4:** Take the Onion and the lemon and cut them in half and cram them inside the chicken along with the rest of the bulb of garlic.
- **Step 5:** Preheat the oven to 425 F Place the Chicken into a roasting pan being careful to tuck the wings underneath the bird so they don't burn. Cook the bird at 425 for 50 minutes then remove from heat.
- **Step 6:** Let the chicken rest for about 10 minutes then serve it up. To be certain use a meat thermometer and make sure it's at least 170 degrees F.