

ROOT VEGETABLES



Win a Gift Card



Enter drawing for a
gift card to Eastern
Market business!

Roast Chicken with Maple Root Vegetables

INGREDIENTS

- 1 roasting chicken, about 6-8 lbs.
- 1 lemon, quartered
- 3 sprigs thyme
- 3 sprigs rosemary
- 4-5 cloves garlic
- Salt & Freshly Ground Black Pepper
- 2 pounds carrots, cut into sticks
- 1 pound parsnips, cut into sticks
- 1 pound celeriac root, cut into sticks
- 1 pound onions, cut into 4-8 pieces
- Oil
- ¼ cup Maple Syrup

PEAK SEASON

September–November

DIRECTIONS

- 1** Preheat oven to 425°F.
- 2** Peel, trim, and cut vegetables into equally-sized pieces, and scatter the root vegetables and onion in a roasting pan. Drizzle with oil and season with salt and pepper.
- 3** Remove giblets, etc., from chicken, as well as excess fat, pinfeathers, etc. Season the cavity well with salt and pepper, and stuff with the lemon, thyme, rosemary, and garlic. Tuck the wings back behind the chicken back, and tie the chicken's legs together firmly with a length of twine. Place the chicken over the vegetables, and drizzle it with oil, then season well with salt and pepper.
- 4** Roast for 1 ½ - 2 hours, or until a meat thermometer inserted into the thickest part of the breast reads 165°F. At this point juices from a small cut or hole poked in the meat will run clear, and the hip joint should move freely while the meat feels firm. After the first 45 minutes, pour the maple syrup over the chicken evenly. If the vegetables in the pan appear to be scorching, add a small amount of water to the pan.
- 5** Remove the chicken from the pan, and add ½ cup of water to the pan. Stir well and return to the oven for a few minutes to reduce the liquid into a glaze around the vegetables. Carve and serve.

*Recipe provided by
Eastern Market Chef
Aaron Egan*

