

ROASTED CHICKEN W/ HINT OF MONTREAL® (SERVES 4)



ADDITIONAL TIPS & INFORMATION

Terra Spice Hint of Montreal is a versatile blend. It's a tasty addition to tomato sauce, a fantastic seasoning for steak and it's a very good blend to use on roasts!

Here is a simple and quick roasted chicken recipe when time is short for kitchen duty.

Cook chicken to 165 degrees, baste with its chicken fat making sure the vegetables are cooked.

The quantity of vegetables depends on the size of the chicken.

Cook for 1.5 hours on the rotisserie, or use the same amount of cooking time if using an oven at 380 degrees with the chicken not covered.

SHOPPING LIST:

- 3.5 lbs Chicken, Whole
- 5 Tbsp Olive Oil, or melted butter

- 2 lbs Fingerling Potatoes, (cut lengthwise)
- 1 lb Purple top Turnips (peeled).
- Optional: Radish

- 1 Lemon, Organic, Whole (cut in wedges)
- 1 lb Cremini Mushrooms, (quartered)
- ½ Cup Kalamata Olives, whole, pitted

Butcher twine

TERRA SPICE INGREDIENTS:

- 3 Tbsp [Terra Spice Hint of Montreal®](#)

ROASTED CHICKEN W/ HINT OF MONTREAL® PROCEDURES



Put the potatoes in an oven ready deep dish and place the chicken on the top. Any potential mess made seasoning the chicken will go onto the potatoes.

Mix the Hint of Montréal with 2 Tablespoon of the olive oil or melted butter.



Using your fingers, rub the oil and spice blend mixture under the skin of the chicken trying to cover as much of the flesh without breaking the skin. It is tricky to get to the thighs but try to seasoned them, as well. Salt is not needed as it's in the Hint of Montreal blend.

Using the butcher twine, truss and set the chicken on the spit.



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Rub the chicken with 1 Tablespoon of olive oil and use the remaining oil to toss with the potatoes.



After 45 to 50 minutes, add the mushroom quarters, lemon wedges, and turnips with the potatoes. The potatoes should start to be brown and getting close to soft.



If you cannot find organic lemon, wash the lemon with dish soap and water and rinse well before cutting it. Make sure to remove all seeds from the lemon.



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Let the vegetables finish cooking until tender.

Toward the end of the cooking process (last 15 minutes) Turn a burner on and burn some fresh oregano or thyme to smoke the chicken briefly (optional). Once all the vegetables are tender add the kalamata olives.



The lemon and mushrooms should generate enough moisture to have some juices at the bottom of the pan by end of the cooking process.

This jus will be sour and sweet from the lemon and vegetables.

Serve with a salad. The way the vegetables and chicken mingle during cooking, the thin jus makes a wonderful dressing for greens.