



Green for Go Local

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 Ingredients in **green** =
 locally grown or produced



Chicken



Potatoes



Milk



Butter



Flour



Thyme

Roast Chicken with Mashed Potatoes

By Jenny & Rosie

Serves 4-6

Ingredients

4-5 lb (2-2.5 kg)
 2 tsp (10 mL)
 2 lb (907 g)
 2 Tbsp (30 mL)
 1 Cup (250 mL)
 1½ tsp (7 mL)
 2 Tbsp (30 mL)
 ¼ tsp (1 mL)
 ⅛ tsp (0.5 mL)
 ½ Cup (125 mL)

Whole **chicken** (or 6-8 drumsticks or thighs, about 1 kg)
 Salt
Potatoes, peeled and cut in 1-inch pieces
Butter
Milk
 Salt
Flour
 Dried **thyme** or poultry seasoning
 Ground black pepper
 Water

Directions

Note: Wash all produce well.

1. The night before roasting the chicken, sprinkle 2 tsp (10 mL) salt over the chicken pieces or whole chicken and toss or rub to coat. Refrigerate overnight.
2. Preheat the oven to 400°F (200°C). **If cooking a whole chicken**, cook for 20 minutes per pound until it reaches an internal temperature of 180°F (82°C). Let sit until cool enough to handle, then strip the meat from the bones and slice into serving pieces. Pour the drippings from the pan into a fat separator or glass measuring cup. Reserve bones and skin for making broth for future gravies or soups. **If using chicken pieces**, lay the chicken pieces skin side up on a large baking sheet. Bake the chicken for an hour, until the skin is golden and crisp and internal temperature measures 165°F (75°C).
3. Meanwhile, make the mashed potatoes. Place the potatoes in a large pot, add 2 tsp salt and enough water to cover the potatoes. Cover and bring to a boil over high heat, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes.
4. Drain the potatoes and return to the pot. Add butter and milk, and mash. Add salt to taste. Keep warm in the pot while you make the gravy.
5. To make gravy, carefully remove as much fat as possible from the chicken juices and discard. Pour the drippings into a sauce pan and bring to a boil. In a bowl, whisk together flour with ½ Cup water until smooth. Add to the sauce pan and cook until thickened, stirring constantly. Add the pepper and poultry seasoning or thyme. **If the gravy is too thick**, add water to thin. **If it's too thin**, boil it until it reduces to the proper consistency.
6. Serve chicken with mashed potatoes, gravy and a side of your favourite cooked or raw vegetables.



Note from the Authors

"We have found that roast dinners are very popular and affordable! Choose between roasting whole birds, or if you have less time, roast chicken pieces. Plan roast dinners for the end of the week to give yourself time to do some of the prep in advance."

- Jenny & Rosie

Create Your Plate!

Veg It Up

Add sweet potato, cauliflower florets or turnip to the mashed potatoes for extra colour, fiber and flavour.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style. It's fun!

- ★ **Cranberry** sauce
- ★ **Fiddleheads** - cooked
- ★ **Parsnips** - roasted
- ★ **Sweet potatoes** - roasted
- ★ **Turnip** - roasted
- ★ **Corn** - cooked
- ★ **Carrots** - cooked or raw
- ★ **Peas** - cooked
- ★ **Green or yellow beans** - cooked or raw
- ★ **Squash** - roasted or mashed
- ★ **Beets** - pickled or roasted
- ★ **Fruit**



Cranberries



Fiddleheads



Parsnips



Sweet Potatoes



Turnips



Corn



Carrots



Peas



Beans



Squash



Beets



Fruit