

## Roast Chicken with Lemon-Artichoke Sauce

Servings: 4



Recipe adapted from Steamykitchen.com, who adapted it from Joanne Weir (television episode). You can either use frozen artichokes or canned artichokes. Frozen will require a longer cooking time than canned. For directions on how to spatchcock a chicken, see here: <http://www.knorr.co.uk/cooking-tips/Tips/How-to-spatchcock-a-chicken.aspx>. It's just a technique to splay the chicken as in the photo above, all flattened so that it cooks more evenly. This dish can be made just as easily with chicken pieces as whole chicken.

### Ingredients:

2 tablespoons high heat cooking oil (canola, vegetable, peanut)  
2 split chicken breasts, totaling about 2-3 lbs, or use 3.5 pound organic chicken, spatchcocked  
kosher salt & freshly ground black pepper  
6-7 ounces drained canned artichoke bottoms (hearts), sliced  
1/2 teaspoon dried thyme or 1 1/2 teaspoon chopped fresh thyme  
1 Tablespoon freshly chopped parsley (optional)  
1/2 cup white wine  
juice of 1/2 lemon  
1/2 cup low sodium chicken broth  
1 T Wondra flour  
Salt and pepper to taste

### Directions:

1. Preheat your oven to 475F. On your stove top, heat a large oven safe frying pan on high heat. The pan needs to be big enough to fit the breasts or the entire bird, and one that can withstand high heat in the oven. A cast iron pan is great, or a large ovenproof sauté pan. Swirl vegetable oil into hot pan. While the pan heats up, pat the chicken as dry as possible. When the pan is very hot - gently place the bird SKIN side down in the pan. Season the top of bird with salt and pepper. Immediately place the entire pan in oven for 10 minutes.
2. Carefully remove hot pan from oven. Flip the chicken breasts or entire bird over. The skin should be beautifully golden and crisp. Generously season the skin side with salt and pepper. Return pan to the oven. Roast another 25-30 minutes. Remove from oven, check temperature – should be at 160 degrees F. When done, place chicken on a plate and tent with aluminum foil to keep warm.
3. Put the hot pan (careful! the pan is very hot still!) on the stovetop. Discard all but 2 tablespoons of the pan drippings. Add the sliced artichoke bottoms and cook until softened, about 2 minutes. Season with

salt, pepper, fresh or dried thyme, wine, lemon juice. Mix 1 T Wondra with  $\frac{1}{4}$  cup chicken broth and stir to dissolve the flour. Add flour slurry to pan, stirring until well distributed. Allow sauce to bubble at medium heat to thicken and cook the flour. Serve chicken with sauce poured over top, and finish the dish with a sprinkling of chopped parsley or thyme sprigs.