



Total Time: **1 hour 18 minutes**

Prep Time: **6 minutes**

Cook Time: **1 hour 12 minutes**

ingredients (Servings: 6)

1 whole chicken, 3 to 4 pounds, rinsed and patted dry, room temperature

1 teaspoon salt

1 teaspoon black pepper

1/3 cup extra virgin olive oil

5 sprigs fresh thyme (or 2 teaspoons dried)

5 sprigs fresh rosemary (or 2 teaspoons dried)

40 peeled cloves of garlic

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directions

step 1: Place baking rack in the center of the oven and preheat to 350 degrees F.

step 2: Sprinkle the chicken inside and out with the salt and pepper. Tie legs together with kitchen twine and fold the wings under the chicken.

step 3: Place the oil in a heavy, wide 6- to 8-quart ovenproof pot or Dutch oven on the stove. Heat over moderately high heat until oil is hot but not smoking. Brown the chicken, turning carefully with two spatulas or a pair of large tongs until chicken is golden brown, about 10 minutes. Transfer chicken to a plate.

step 4: Lower heat to medium. Add thyme, rosemary and garlic cloves to the pot. Cook until garlic begins to brown, about 2 minutes. Remove pot from the heat.

step 5: Put the chicken, breast side up, on top of the garlic cloves, cover the pot tightly, and transfer to the oven. Every 20 minutes, baste the chicken with the pan juices. Roast until cooked through, about 60 minutes. A meat thermometer inserted 2 inches into the fleshy part of a thigh (avoid the bone) should read 170 degrees F.

step 6: To crisp the chicken skin, uncover and place under the broiler for 3-5 minutes, or until chicken skin is browned. If you have only a small "shelf" broiler below the oven,

heart-healthy garlic roast chicken

turn the oven up to 500 degrees F instead of broiling and continue cooking for about 5 minutes more until chicken skin is browned.

step 7: Transfer the chicken to a cutting board, saving the pan juices, and let stand for 10 minutes. Cut the chicken into pieces, place on a platter or individual plates and drizzle with as much of the saved pan juices as you want. Serve the roasted garlic with warm or lightly toasted bread.

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