



ROAST CHICKEN

with Broccoli & Curried Mayonnaise

Ingredients - Chicken

- 1 whole chicken, giblets removed, washed, and patted completely dry
- Seasoning rub of choice. At minimum, salt and pepper. I used a West Texas steak rub - see recipe.
- Chicken Stock — 1/2 cup to full cup, depending on your roasting pan
- olive oil

Curried Mayo & Broccoli

- Mayonnaise
- Curry Powder
- Lemons
- Fresh broccoli crowns, washed & cut into pieces

Curried Mayo -- Look — I don't measure this. My mother made it for us throughout my childhood, and I just dump things into a small whole, whip with a whisk and taste. But for a place to start:

- 1 cup mayonnaise
- 1 tsp. curry powder
- juice of 1/2 a lemon (remove seeds before squeezing)

Taste. Continue to add a couple of dashes of curry and a juice of less than 1/4 of a lemon until it tastes good to YOU. I always let this sit in the fridge for at least an hour before serving. Steam broccoli until bright green and barely fork-tender.

- 1 Pre-heat the oven to 350°. Rub bird generously with olive oil. Choose the seasoning rub of choice and rub generously inside the cavity, and all over the outside of the chicken.
- 2 Put the chicken onto the upright roaster, until the top of the roaster emerges from the bird. Put into roast pan. Pour chicken stock in until there is approximately 1/4 inch in the bottom of the roasting pan..

Roast in the 350° oven for 1 hour to 1 hour and fifteen minutes — or until the internal temperature of the chicken reaches 165°.

Take the chicken out of the oven. Carefully place on large cutting board and remove upright roaster, being careful not to burn yourself (I did this using two sets of tongs). Allow the chicken to rest on the cutting board for 10 minutes before cutting.