

Roast Lemon Chicken

Note: Avoid using nonstick or aluminum roasting pans in this recipe. The former can cause the chicken to brown too quickly, while the latter may react with the lemon juice, producing off-flavors.

Ingredients

- 1 whole chicken (3½ to 4 pounds)
- 3 Tbsp lemon zest plus ⅓ cup juice (3 lemons)
- 1 tsp sugar
- 2 cups low-sodium chicken broth
- 1 cup plus 1 Tbsp water
- 1 tsp cornstarch
- 3 Tbsp unsalted butter
- 1 Tbsp fresh parsley (finely chopped)



Preparation

1. Adjust oven rack to middle position and heat oven to 475°
2. Combine lemon zest, sugar, and 1 teaspoon salt in small bowl
3. Remove backbone and butterfly chicken
4. Pat chicken dry with paper towels
5. Rub 2 tablespoons zest mixture under skin of chicken
6. Season chicken with salt and pepper and transfer to roasting pan (seasoned chicken can be refrigerated for 2 hours)
7. Whisk broth, 1 cup water, lemon juice, and remaining zest mixture in 4 cup liquid measuring cup, then pour into roasting pan (liquid should just reach skin of thighs, add water if necessary)
8. Roast until skin is golden brown and thigh meat registers 170-175°, 40-45 minutes
9. Transfer to cutting board and let rest 20 minutes
10. Pour liquid from pan, along with any accumulated chicken juices, into saucepan (about 1½ cups)
11. Skim fat, then cook over medium-high until reduced to 1 cup, about 5 minutes
12. Whisk cornstarch with remaining water in small bowl until no lumps remain, then whisk into saucepan
13. Simmer until sauce is slightly thickened, about 2 minutes
14. Off heat, whisk in butter and parsley and season with salt and pepper
15. Carve chicken and serve, passing sauce at table