



# CS Tarragon Roasted Chicken

Source: adapted from *Today Show Recipes* Bob and Robin Young, Boise, ID

PDF: CS-Tarragon-Roasted-Chicken.pdf *The Captain's Shack*

Prep: 1 hr 30 min Rest: 1 hr Cook: 1 hr 10 min

Rest: 15 min Total: 3 hrs 55 min

## Ingredients:

1 organic Chicken or 8 Chicken Thighs  
Celtic Sea Salt, as needed  
3 T Olive Oil  
1 head Garlic  
1c Heavy Cream  
½ c roughly chopped Fresh Tarragon leaves  
1½ T Dijon mustard  
6 lg Button Mushrooms, sliced (optional)  
freshly ground Tellicherry Black Pepper, as needed  
4 oz dry White Wine

## Directions:

Preheat the oven to 450° F.

Start by spatchcocking the chicken. To do this, turn it over and cut along one side of the spine from the tail to the neck, then turn it over, open out the two sides and press down hard to flatten it. Or use chicken thighs and no cutting is necessary.

Lay the chicken, skin side up, in a large, high-sided roasting pan and season generously with salt on both sides. Set aside for 1 hour at room temperature so it loses the chill of the fridge.

When ready, generously drizzle the skin with olive oil and work it into all the nooks and crannies. Smash the head of garlic and hide the cloves underneath the chicken, then roast in the oven for 20 to 30 minutes, until the skin begins to turn golden brown.

Meanwhile, mix the cream, tarragon and mustard in a bowl and season well with salt and pepper.

After 20 to 30 minutes, turn the oven down to 325° F. Take out the chicken and pour a generous glass of white wine into the pan. Add sliced mushrooms, if using. Then pour the tarragon cream all over the chicken and place back in the oven for 30 to 40 minutes, until the internal temperature of the deepest part of the thigh reaches 165° F.

At this point, remove from the oven and leave to rest for 15 minutes, covered loosely with a bit of foil.

Carve or serve the thighs, straight into the pan and serve as you like, with lots of the sauce, garlic and a zingy green salad.