

## **Pot-roasted Chicken and Root Vegetables**

- 1 whole chicken, about 4 lbs
- 3 tbsp Tuscan Herb Chef Salt
- 2 tbsp olive oil
- 3 medium onions, peeled and cut in wedges
- 8 oz baby carrots
- 2 thin parsnips, trimmed, peeled, and cut in 2 inch pieces
- 1 can (14.5 oz) diced tomatoes, drained
- 1 ½ lbs fingerling potatoes, scrubbed but not peeled
- 2 sprigs rosemary

Remove the giblets from the chicken and discard (or save for another use). Rinse the chicken inside and out and pat dry with paper towels.

At least 1 hour before you plan to start roasting the chicken or up to the night before, season the chicken inside and out with 2 tablespoons of the Chef Salt. If starting more than 1 hour ahead, refrigerate the chicken, uncovered; remove from the refrigerator 1 hour before you plan to start roasting, to take the chill off.

Preheat the oven to 450°F/230°C. Heat the olive oil in a large Dutch oven over med/high heat until sizzling. Add the onions, carrots and parsnips, and sauté until they brown on the edges, about 8 minutes. Add the remaining Chef Sal, tomatoes, and potatoes and toss to coat with oil.

Put the chicken, breast side down, on top of the vegetables, and roast, uncovered, for 15 minutes. Reduce the oven temperature to 170°F/75°C, turn the chicken breast side up. Out the rosemary sprigs in the internal cavity of the chicken, and roast until a thermometer inserted into the thickest part of a thigh (but not touching bone) registers 170°F/75°C, 4 to 6 hours.

To finish, raise the oven temperature to 500°F/260°C and roast until the skin of the chicken is nicely browned all over and crisp, 10 to 15 minutes longer. Serve or store for up to 3 days, covered in the refrigerator. Reheat gently in a low oven.