**Roasted Thanksgiving Chicken & Gravy**

**Ingredients:**

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* 1 large roasting chicken (approximately 6 pounds)
* 1 cup chicken broth
* 1 stick (1/2 cup) unsalted butter, softened to room temperature or Coconut oil with butter flavoring for dairy free
* ¼ cup finely chopped rosemary and thyme plus some additional stems of fresh herbs to place in chicken cavity
* 1 teaspoon sea salt
* 1 teaspoon freshly ground black pepper
* 1 tablespoon garlic, finely minced
* 1 medium onion, cut into quarters
* 3 medium carrots, peeled and sliced
* 3 celery stalks sliced (include celery leaves)

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**Instructions:**

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Preheat the oven to 375 degrees F.

​Rinse the chicken with cold running water and pat completely dry with paper towels.

​Place the softened butter in a medium bowl and add the fresh chopped herbs, salt, pepper and garlic and stir to combine.

​Place most of the vegetables in the bottom of a roasting pan along with the cup of chicken broth and place a flat rack over them. Reserve a few of the vegetables for the chicken cavity.

Set the chicken onto the rack and spread a small amount of the butter mixture inside the cavity also place the few reserved vegetables along with a few sprigs of fresh herbs into the cavity. Do not over fill the cavity. (You want just enough to add flavor; too stuffed and the inside will not fully cook.)

Use your fingers to separate the skin from the meat but be gentle leaving the skin intact and not ripped. Also run your fingers around each thigh and leg as far as you can reach to separate the skin from the meat.

​Take half the butter mixture and spread under the skin, using your fingers to spread evenly.

Spread the remaining butter over the top of the chicken covering all skin.

​Tuck the wing tips under the chicken.

​Using kitchen twine, tie the ends of both legs together tightly.

​Place a probe thermometer into the thickest part of the chicken and set the alarm temperature for 160 degrees F.

​Throughout the roasting time, if the broth evaporates, add a cup more at a time so the bottom of the pan does not burn.

Once at 160, remove from the oven and place on separate dish, loosely tent with foil and let rest 20 minutes. While it rests, the temperature should rise to slightly above 165 degrees F which is the USDA’s recommended cooking temperature of cooked chicken.

​After twenty minutes, remove probe and foil and begin carving.

**Gravy Instructions:**

​Remove chicken and all vegetables from the pan.

​Place pan with all its drippings directly onto stove top burners on a medium- low heat.

​Mix 2 TBSP of arrowroot flour with about 1/4 Cup of water

​Add to the pan whisking continuously until it starts to thicken.

​Add chicken broth till you get the desired consistency.

​Add salt and pepper to taste.