

Boneless Roast Chicken with Lemon Pineapple Dipping Sauce

Recipe By Eran Marom



Cooking and Prep:  1
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Serves:  4

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Passover, Rosh
Hashanah

Diet: Gluten Free, Low Carb

Source: KosherScoop.com

A classic dish that is sure to appeal to any palate, this version is accompanied by a delicious sauce that adds an original, delectable twist.

Ingredients (12)

Chicken

- 1 3-4 lb whole chicken, at room temperature (about one hour out of the fridge)
- salt and pepper, optional
- 1 head of garlic, the top sliced off to expose the cloves
- a few sprigs of fresh thyme
- 1/2 onion, uncut

Lemon Pineapple Dipping Sauce

- 2 tablespoons Gefen Potato Starch
 - 3 tablespoons oil
 - juice of 1 lemon
 - 1 and 1/2 cups Empire Chicken Broth or other chicken soup
 - 1 20-oz can Gefen Crushed Pineapple, drained
 - 1 tablespoon Tuscanini Apricot Jam
 - 1/4 cup sugar
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Start Cooking

For the Chicken

1. Preheat the oven to 400°F and line a baking sheet with Gefen Easy Baking Parchment Paper.
2. Remove the string holding the chicken's legs together and make sure that the bird is dry inside and out. Season the inside of the bird with salt and pepper, if desired.
3. Place the garlic, thyme and onion inside the cavity of the chicken.
4. Remove the wishbone and bind the chicken with cotton twine. This is very important, since creating a compact shape for the chicken when it is raw enhances the cooking. The chicken will cook more evenly, taste moister and even look more attractive.
5. Rub a little bit of oil, salt and pepper all over the skin. This helps with the crisping.
6. Place the chicken on the prepared tray and roast for about 55–60 minutes, or until nicely browned. Remove the chicken from the oven and let it stand for 15–20 minutes. This resting period allows the chicken to finish cooking. It also lets the juice settle back into the meat before carving.

For the Dipping Sauce

1. To prepare the sauce, combine the potato starch and oil in a thick-bottomed saucepan. Cook over medium heat until the mixture is slightly thickened.
2. Add the remaining ingredients in the order they appear and cook over low heat for 10–15

minutes, until thickened. Serve warm or at room temperature, poured over or next to the roasted chicken.

Tip:

If you substitute the chicken soup with water, this sauce can be an excellent accompaniment to baked salmon as well