FRENCH · DINNER

Jacques Pépin's Classic Roast Chicken (Butter, Salt and Pepper)

85 min · Serves 4 · 532 kcal a serve · Video 10:48 · KQED

Nut-free

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Just chicken, a tablespoon of butter, salt and pepper: turning the bird as it roasts browns it evenly and keeps the breast juicy. A quarter of the chicken gives over 55 g of protein, nearly a day's selenium and half a day's vitamin B6; the jus is optional.

Diet notes: Carnivore if you leave out the potato starch and soy sauce; Low carb (1 g net carbs) but not keto: 54% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: use gluten-free soy sauce (tamari).

Ingredients 7 · SERVES 4

- [ ] 1 whole **chicken**, about 1.6 kg
- [ ] 1 tbsp **butter**
- [ ] **salt**, inside and out (to taste)
- [ ] **freshly ground black pepper**, inside and out (about ¼ tsp, our estimate)
- [ ] 120 ml **chicken stock**, for the jus, to serve (optional)
- [ ] a dash of **soy sauce**, for the jus, to serve (optional)
- [ ] 1 tsp **potato starch**, for the jus, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Milk, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 220 °C. Cut out the wishbone so the breast is easier to carve, then truss the chicken with butcher's twine so it keeps a neat shape. 0:16
2. Melt the butter in a roasting pan. Season the chicken inside and out with salt and pepper and roll it in the butter. 1:59
3. Lay the chicken on one side, leg up, and roast 20 minutes — the legs need longer than the breast. Turn it onto the other side and roast 20 minutes more. 3:04
4. Turn it breast up and roast a final 20 minutes, basting with the pan juices every 5 minutes or so, until the juices at the thigh joint run clear — about 1 hour in all. 3:40
5. Rest the chicken uncovered for a few minutes; covering it with foil steams and softens the skin. 4:29
6. For the jus (optional), pour off all but about 1 tbsp fat, add the stock and scrape up the browned bits. Add a dash of soy for colour and thicken with the potato starch mixed with a little cold water. 5:00
7. Remove the twine and carve: the legs first, then each breast along the breastbone. Serve with the jus. 7:20

> **Tip** Serves 4 is our estimate. Jacques serves it on watercress leaves (not counted). Save the clear fat you pour off for roasting potatoes. Skip the jus, which has soy sauce and starch, for strict carnivore.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
532 kcal 2,230 kJ	**58** g 115% of a day	**1** g 1 g net · 0.1 g sugars 0% of a day	**0** g 0% of a day	**31** g 9.8 g saturated 40% of a day	**650** mg 28% of a day

Energy from net carbs 1% · protein 45% · fat 54% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 92% · Vitamin B6 49% · Zinc 36% · Vitamin B12 27%

Source of (10–19%) Iron 15% · Vitamin A 14% · Omega-3 14% · Magnesium 12% · Potassium 10%

Recipe and video: KQED (@kqed) on YouTube — youtube.com/watch?v=sFtpo1nxX_k, published 12 May 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jacques-pepin-classic-roast-chicken