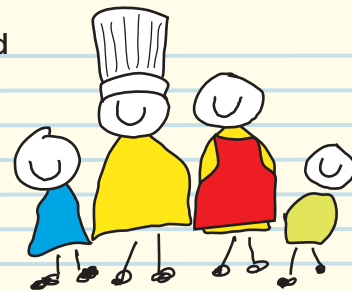


## Wes Martin's *Lemon Herb Roasted Chicken & Vegetables*

2 whole chickens, about 4 pounds each, preferably naturally raised  
Kosher salt and freshly ground black pepper  
2 lemons  
4 cloves garlic, smashed  
Small bunch flat-leaf parsley  
1/4 cup extra-virgin olive oil, plus more as needed  
1 bulb fennel, cored and sliced lengthwise into thin strips  
3/4 pound baby carrots  
3/4 pound small new potatoes, halved  
Mixed green salad, for serving



Position a rack in the center of the oven and another in the lower third and preheat to 450 degrees F. Place a rack in a large roasting pan and spray with cooking spray; set aside.

Remove and reserve the giblets from the chickens for another use. Rinse the chickens well and pat dry with paper towels. Season the cavity of each chicken well with salt and pepper and place on the rack in the pan.

Using a microplane or grater with fine holes, zest the lemons and put the zest in a small bowl. Halve one of the lemons and squeeze about 2 tablespoons of juice into the bowl. Add a lemon half to the cavity of each chicken.

Place the garlic cloves on a cutting board and sprinkle a generous pinch of salt over them. Using the back of a chef's knife, smash the garlic and salt together until a paste forms. Stir into the bowl with the lemon juice and zest...

Remove the leaves from the parsley and finely chop. Stir into the lemon mixture, along with 1/4 cup olive oil until well mixed. Divide the parsley stems and stuff into the cavity of each chicken. Run your fingers under the skin of each chicken, pulling the skin away from the flesh of the breast without tearing it. Put about 2 tablespoons of the parsley lemon mixture under the skin of each chicken and press the skin to spread it evenly. Coat the chickens evenly with the remaining parsley mixture; season the chickens all over generously with salt and pepper. Tie the legs together with kitchen twine.

Place the chickens in the oven and roast for 20 minutes. Reduce the heat to 375 degrees. Continue roasting until the legs move easily when wiggled and the juices in the thigh run clear when pricked, about 1 1/2 hours. Remove from oven and allow to rest 15 minutes before carving. Reserve second chicken for later use.

While the chicken is roasting, put the fennel, carrots, and potatoes on a baking sheet. Toss with olive oil until coated and season with salt and pepper. Place the potatoes cut-side down on the baking sheet. After the chicken has been in the oven for 1 hour, place the vegetables on the lower rack and roast until browned and tender, about 30 minutes.

If desired, carefully remove chickens and rack from roasting pan and pour liquid contents into a glass measuring cup. When fat has separated, pour off and discard, reserving juices and serve with the carved chicken and vegetables.

(Each serves 4.)