



Hot Honey Roasted Chicken & Carrots

BY CHEF GREGORY GOURDET

SERVES 4

KNOW AHEAD:

We highly recommend dry brining the chicken overnight for the crispiest skin. You'll need a roasting pan to make this recipe.

INGREDIENTS →

1 Hot Honey Roasted Chicken & Carrots

Seasoning Card:

- 1 tsp (2 pods) Chipotle Chile Pepper
- 1 tsp (2 pods) Hot Smoked Pimentón Paprika
- 1 tsp (2 pods) Coriander Powder
- 1 tsp (2 pods) Tellicherry Black Pepper

FRESH

- 1 whole chicken, about 4-4½ lbs
- 15 garlic cloves
- 6 medium carrots
- 2 lbs small potatoes, preferably mixed colors for visual variety
- 1 bunch of scallions

PANTRY

- 7 tsp Diamond Crystal brand kosher salt, divided ([Learn more about Diamond Crystal v. Morton ↗](#))
- 3 Tbsp honey
- ¼ cup olive oil

INSTRUCTIONS

- 1. MAKE THE SPICE RUB:** Add all the Chipotle Chile Pepper, Hot Smoked Pimentón Paprika, Coriander Powder and Tellicherry Black Pepper pods, along with 6 tsp salt, to a small bowl and stir to combine.
- 2. PREP THE CHICKEN:** Use kitchen scissors or a sharp knife to cut the backbone out of the chicken. To do this, start from one side of the chicken neck and cut all the way down to the chicken butt. Repeat the process on the other side and pull out the backbone. You will hear cracking and experience some pressure as you snap the bones. The cut should be just the width of the chicken neck, about 1½ inches. Using a little pressure, open up the chicken and rinse out the inside to remove any organ bits then pat the entire chicken dry with paper towels. Place the chicken, flat, skin side up, in a large roasting pan (this is called spatchcocking). Sprinkle the spice mix evenly over the top, sides and bottom of the chicken. Cover the roasting pan with plastic or tin foil and allow the chicken to soak up the dry spices in the refrigerator, ideally overnight for the crispiest skin. If you don't have time to dry brine overnight, allow the chicken to sit at least an hour before moving to the next step; Room temperature is fine as long as the chicken is cooked immediately after.
- 3. PREP AND ROAST EVERYTHING:** Preheat the oven to 450°F. Peel the garlic cloves. Scrub the carrots well and cut the larger ones in half. Cut the potatoes in half, or into ~1½-inch pieces, leaving skins on. Cut the bunch of scallions, white and green parts included, into 2-inch pieces. Remove the chicken from the roasting pan and scatter the carrots, potatoes, garlic, and scallions in the base of the pan. Sprinkle the veggies with 1 tsp salt and return the chicken to the pan, placing it over the vegetables in the center. Drizzle just the chicken with honey and then drizzle the chicken and the veggies with olive oil. Roast for 20 minutes and then lower the temperature to 350°F and cook for about 40 minutes longer, or until the chicken is crisp and golden and just cooked through. You'll be able to tell the chicken is perfectly done if you poke the thigh with a thermometer and it reads 160°F. If you don't have a thermometer, poke the thigh with just the tip of a small knife. If the juices run clear, it's done.
- 4. LET THE CHICKEN REST:** Remove the pan from the oven and let the chicken rest in the pan with the veggies for 15-20 minutes before carving. This is the final stage of cooking and it is important! If you carve the chicken too soon, the juices won't settle into the meat, giving it that extra juicy texture.
- 5. CARVE THE CHICKEN:** Use a large, sharp knife to first cut the legs off: Working with the leg closest to you, start by looking for the skin between the drumstick and the body of the bird. It helps to pull or wiggle the drumstick a bit. Cut this skin. Below will be a gap and you will be able to see the thigh. Now we are going to look for the joint where the thigh connects to the bird. If you don't see it, pull or wiggle the whole leg to see where it connects to the body of the bird. Cut right through this joint and pull the entire leg off. Cut the drumstick from the thigh section if desired. Repeat on the other side. Next, we are going to carve the breasts. Find the center breast bone, and start by cutting down on one side, as close to the center breast bone as possible so you don't lose any meat. Cut straight down until your knife is stopped by bone, then cut in an angled, downward motion underneath the breast to release the meat from the rib cage. Repeat this on the other side. Slice the breast meat into desired portions. (For visuals on how to carve the chicken, check out [this video](#) ↗)
- 6. PLATE:** Portion the chicken on each plate and add veggies on the side, or place chicken over veggies to serve, and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*