

# Chef from the Hood Recipes



**Chef:**  
Melissa Gonyea

**Restaurant:**  
Bistro des Copains  
Occidental, California

**Recipe:**  
Roasted Rosie — Poulet Grand-Mere or Grandma's Chicken!



## Roasted Rosie — Poulet Grand-Mere or Grandma's Chicken!

Chef Melissa Gonyea of Bistro Des Copains is the reigning queen at taking a few fresh, local ingredients and turning them into simple yet quite spectacular presentations. Though her ingredient list is short and sweet, with not an exotic item on it, her method is unusual, and well worth the extra planning.

Chef Gonyea first soaks Rosie chicken halves in a brine of water, salt and a bit of sugar before oven roasting them. Then the roast chicken is presented in a sauce that's so easy to make it almost makes itself. Aromatic with fresh thyme, garlic and roasted vegetables, this chicken soars higher than the rest. Who says chickens can't fly? Recipe serves two, and can be easily doubled.

### *Ingredients:*

- 2 Rosie Chicken halves, deboned with skin intact
- (buy a chicken, ask meat depart. to split & bone it)
- 1/2 cup salt (Sea Star or Hain Kosher)
- 1/4 cup sugar (Hain)
- 3 cups bottled or filtered water
- 12 baby carrots, peeled
- 1 jumbo sweet onion, julienned
- 6 whole cloves of garlic, peeled
- 3 ounces (a little less than 1/2 cup) olive oil (Asti or DaVero)
- 6 ounces (3/4 cup) chicken stock (Imagine)
- 2 tablespoons butter (Clover)
- 1 tablespoons chopped fresh thyme (plus extra sprigs for garnish)
- salt and fresh ground black pepper (Morton & Bassett)

### *To prepare:*

**Early in the day:** Mix salt, sugar and water, then pour over chicken halves. Let chicken soak in this liquid in the refrigerator for 4 hours.

**About an hour before dinner:** Preheat oven to 450°. Coat carrots, onion and garlic with 1 oz olive oil. Season vegetables with salt and pepper, then roast in oven on a sheet pan until carrots are tender. Remove chicken from soaking bath and rinse completely under the tap. Set chicken in a colander to drain while you heat 2 ounces of the olive oil in a large skillet (choose cast iron or one with an oven-proof handle). Add chicken halves, skin side down and place in the hot oven. After 7 to 10 minutes flip the chickens to brown the skin. They should take 15 to 20 minutes total time in the oven to cook. When chickens are finished and cooked through, remove from pan and set aside in a warm place. Drain excess oil from the pan, then add the roasted vegetables, stock, butter and thyme. Simmer on stove top until liquid is reduced by half.

**To present:** Place vegetables in center of each plate. Twist the breast over the thigh of the chicken and place on top of vegetables. Pour sauce over the whole thing. Garnish each plate with a sprig of fresh thyme. Enjoy at once.