

# Herb-Roasted Chicken and Vegetables with Creamed Cauliflower

**Category:** Poultry

**Servings:** 4

**Rating:** 10

**Source:** Airplane magazine

## Description:

Best served with a rich Chardonnay.

## Ingredients:

1chicken	4-5 lb roasting
1sugar	1/2 cup
1salt	as directed
1Herbes de Provence	3 tablespoons
1carrot	3 -6, depending on size, peeled and cut lengthwise
1onion	2, chopped coarsely
1chicken broth	2 cups
1cauliflower	1 head, broken up
1milk	1/2 cup
1butter	4 tablespoons
1pepper	to taste

## Instructions:

Brine the chicken starting at least 8 hours in advance. Boil 1 gallon of cold water, then add 1/2 cup salt and herbs. Remove from heat and chill thoroughly. Soak the chicken in the brine for 3 hours, remove and pat dry, and then let sit in the refrigerator for 3 more hours.

Arrange carrots and onions in the bottom of a roasting pan and place the chicken on top. Roast in a pre-heated 375° oven for 1 1/2 hours, or until the internal temperature reaches 160°.

To make the gravy, transfer juices from the pan to a saucepan, add chicken broth, and simmer until thickened.

Boil the cauliflower for 15 minutes and drain. Purée until smooth and creamy and then stir in milk, butter, 1/2 teaspoon of salt, and pepper. Mix well.

To plate, arrange vegetables around chicken and cauliflower.