

Roast Chicken with Garlic Master Mix

Yield: 7 cups chicken meat and 1/2 cup garlic puree

Ingredients

- 2 whole chickens (about 3.5 pounds each)
- 1/2 teaspoon black pepper
- 1/2 Tablepoon olive oil
- 4 large heads garlic



Directions

1. Season both the inside and outside of the chicken with pepper.
2. Place breast side down on racks in two roasting pans.
3. Toss garlic heads in oil and place in roasting pans.
4. Roast the chicken and garlic in a 400°F oven for one hour and ten minutes or until a thermometer reaches 165°F.
5. Cool.
6. Separate garlic into cloves and squeeze pulp out of each clove into small bowl.
7. Mash with fork and set aside for Tuscan Chicken and White Bean Stew; may be frozen.
8. Remove meat from chicken and dice.
9. Discard skin and bones.
10. Cover and refrigerate for up to three days or freeze in a freezer safe container up to 3 months.



Chef's Notes

- This meat roast chicken master mix is used to make recipes on pages 33-35.