

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Honey Roast Chicken

From [www.melskitchencafe.com](http://www.melskitchencafe.com)

1 tablespoon salt  
2 teaspoons pepper  
1 teaspoon paprika  
2 whole chickens (3 1/2 to 4 pounds each), giblets discarded  
1 teaspoon cornstarch or arrowroot powder  
1 cup plus 1 tablespoon water  
1/2 cup honey  
5 tablespoons cider vinegar  
1 cup low-sodium chicken broth  
2 teaspoons dried thyme  
2 tablespoons butter, cut into pieces and chilled

1. Preheat the oven to 375 degrees and make sure the oven rack is in the middle of the oven. In a small bowl combine the salt, pepper and paprika. Pat the chickens dry with paper towels and rub the spice mixture under the skin and over the outside of each chicken. Tuck the wings behind the back and tie the legs together with kitchen twine.
2. Stir the cornstarch and 1 tablespoon water together in a small bowl until no lumps remain; set aside. In a small saucepan bring the honey and 4 tablespoons vinegar to a simmer over medium-high heat. Cook until the mixture is reduced to about 1/2 cup, 8-10 minutes, stirring occasionally. Slowly whisk the cornstarch mixture into the glaze. Return to a simmer and cook for one minute.
3. Arrange the chickens, breast side down, on a V-rack set inside a roasting pan. Roast until the chickens are golden, about 35 minutes. Remove the roasting pan from the oven and carefully with a wad of paper towels, flip the chickens so that they are breast side up. Raise the oven temperature to 450 degrees. Pour 1 cup water and the broth into the roasting pan. Return the roasting pan to the oven and roast until the thigh meat registers 165 to 170 degrees, about 30-40 minutes. Brush the chickens evenly with a thick layer of the glaze (you'll have some remaining to brush on later) and continue to roast until the glaze is golden brown, about 10 minutes. Transfer the chicken to a cutting board and brush with the remaining glaze and let it rest for 15 minutes (this is important – if the chicken is cut too quickly, all the delicious juices will escape and the meat will be dry).
4. While the chicken is resting, pour pan juices and any accumulated chicken juices into a saucepan and skim any fat. Stir in the thyme. Bring to a simmer and cook until the sauce is slightly thickened and reduced to 1 cup, about 15 minutes. Off the heat, whisk in the butter and remaining vinegar. Season with salt and pepper. Carve the chickens and serve, passing the sauce at the table.