

ROAST CHICKEN JUS

F EASY

Last Modified: 07/05/2014

PREP: 15 Min
COOK: 2 Hrs 30 Min
OVEN: 400

SAUCE-STOCK

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
6	Whole	Chicken Wings (Disjointed OK)	
OR			
3	Pounds	Chicken Scraps (Backs / Ribs / Bones)	
1	Large	Yellow Onion	Quartered
3	Medium	Carrots (Scrubbed)	Coarse Chop
2	Stalks	Celery (Leaves & All)	Coarse Chop
5	Sprigs	Fresh Thyme	
1	Head	Garlic	Halved
1/4	Cup	Dry White Wine (Chablis)	
1	Tsp	Browning & Seasoning Sauce (Kitchen Bouquet)	
1	Quart	Recipe: Sauce - Stock - Chicken Stock	
OR			
1	Quart	Low Sodium Chicken Stock (Swanson)	
2	Tbsp	Unsalted Butter (Cold)	Cubed
		Extra Virgin Olive Oil (EVOO)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	This is a richly flavored sauce that goes well with just about any Chicken, Pork or Lamb dish.
FACTOID	STOCK VS BROTH: Technically, Broths are made using Meat and Stocks are made using Bones. Unfortunately, the Commercial Supermarket canned / boxed versions use very little Meat or Bones. They achieve their "heartiness" from the addition of Glutamates and Nucleotides - Homemade IS for certain the way to go.
CAUTION	REMEMBER: Boiling a stock during cooking will create a deeply clouded Stock. A low simmer (bubbles just barely breaking the surface) will create a relatively clear Stock.
TOOLS	1) Large Roasting Pan 2) Large Fine Wire Strainer 3) Rubber Spatula 4) Small Saucepan & Lid 5) Gravy Separator
PREP	DISH 1) Quarter the Yellow Onion and set it aside. 2) Coarsely chop the Carrots and add them on top of the Onion. 3) Coarsely chop the Celery and add them on top of the Onion 4) Halve the Garlic Head and add it on top of the Onion. 5) Preheat the oven to 400 degrees with a rack just below center..

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1	In a roasting pan on the stovetop over medium high heat, drizzle the bottom with Extra Virgin Olive Oil. Once it begins to shimmer, add in the Chicken Wings, Brown them nicely on both sides.
2	Add the Vegetables on top of the Chicken Wings. Sprinkle the top with the sprigs of Thyme. Season well with Kosher Salt and Black Pepper and drizzle lightly with Extra Virgin Olive Oil. Roast uncovered in the oven for 2 hours until the Chicken Wings and Veggies are nice and brown.
3	Remove from the oven and again set the pan over medium high heat on the stove top. Add in the White Wine to deglaze and scrape the brown bits off the bottom of the pan using a wooden spoon. Add in the Chicken Stock and continue to simmer until the liquid is reduced to the point where about 1 1/2 to 2 cups remain, about 45 minutes.
4	Remove from the heat and strain through a fine wire strainer into a small saucepan, pushing some of the Vegetable Pulp through the strainer with a spatula - this will help thicken the Chicken Jus slightly. Place the Jus in a gravy separator and allow the excess fat to float to the top. Pour the Jus back into the saucepan and discard the fat. Stir in the Kitchen Bouquet to darken & flavor the Sauce
5	If using the Jus immediately, add the Cold Butter Cubes to the Jus and swirl until it melts (do NOT stir). Season the Jus to taste with Kosher Salt and Ground Black Pepper.
SERVE	Cover and keep warm until ready to serve.
5	If making the Jus ahead, season the Jus to taste with Kosher Salt and Ground Black Pepper.
NOTE	This Jus will keep refrigerated for several days and may be made ahead if desired. Wait to swirl in the Cold Butter until after the stored Jus is reheated.

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