

ROASTED CHICKEN WITH ENDIVE

Ingredients:

1 medium chicken, about 3 pounds

3 tablespoons extra virgin olive oil

Salt and pepper

1 head of garlic, about half the cloves coarsely chopped, the rest whole and unpeeled

1/2 lemon

1/2 bunch tarragon or thyme

4 to 6 heads of Belgian endive, halved and cored

1 tablespoon butter, cut into tiny pieces

INSTRUCTIONS

Preheat the oven to 350 degrees. Place the chicken in a roasting pan and rub with 2 tablespoons of the olive oil. Salt and pepper generously inside and out.

Rub with the chopped garlic, then put the lemon half into the cavity of the chicken, along with the tarragon.

If you have time, rub a little of the herbs on the outside of the chicken, too.

Arrange the whole unpeeled garlic around the chicken in the bottom of the pan. Place the chicken in the oven and roast for about 1 hour.

Often I start the chicken on one side, roast it half way, then turn it on to the other side for an even roasting.

About 15 minutes before the chicken is ready, arrange the endives in a single layer on a baking sheet.

Drizzle with the remaining olive oil and dab with tiny bits of butter. Sprinkle with coarse salt and a smidgen of pepper.

When the chicken is golden and tender, remove it from the oven and keep it warm by wrapping it loosely in foil.

Increase the oven temperature to 400 degrees and place the endive on the highest shelf of the oven. Roast for about 10 minutes, or until the leaves are just browned at the edges and have wilted slightly.

Pour or spoon off the fat from the chicken, taking care to reserve the pan juices.

Carve the chicken, discard the inside herbs and squeeze the lemon over the chicken.

Serve the chicken and its juices with the endive and whole roasted garlic cloves, if desired.

Serves 4

PER SERVING: 515 calories, 49 g protein, 4 g carbohydrate, 32 g fat (9 g saturated), 157 mg cholesterol, 165 mg sodium, 0 fiber.

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