



You will need: paper towels, a knife, a baking sheet, a timer, a meat thermometer, one whole chicken, one onion, one carrot, a couple of stalks of celery, olive oil, salt and pepper, fresh herbs or a lemon (optional)

Step
1



Heat the oven to 425 degrees Fahrenheit (it will take at least 20 minutes to warm up).

Step
2



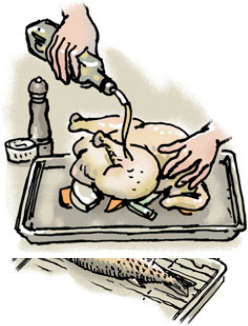
Remove the neck and giblets from inside the chicken, if they're there. **Rinse the chicken** inside and out, and **pat it very dry** with paper towels. Cut off any extra fat hanging around the body cavity.

Step
3



Coarsely chop the vegetables into large, same-size chunks, and arrange them on a baking sheet in an even layer.

Step
4

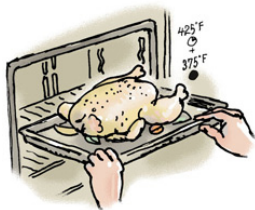


Place the chicken on top of the vegetables so it's not touching the baking sheet. **Drizzle oil** on the chicken and rub it all over, inside and out, then **season generously** with salt and pepper, inside and out. If you have fresh herbs, you can stick them inside the chicken. Sliced lemon is also good. (Note: If you have the time and want **crispier skin**, salt the chicken the night before and leave it in the fridge uncovered. Let it come to room temperature a half hour before you're going to cook it.)

*From the store to the kitchen to the table: We outline the steps that get you from something raw to something cooked using simple ingredients, free of measurements and complicated techniques. A method that you can have in your back pocket and whip out whenever you like. We call it recipe-free cooking.



Step
5



Put the chicken in the oven and **set the timer** for 15 minutes. After the 15 minutes are up, **turn down the oven** to 375 degrees Fahrenheit and set the timer for an hour.

Step
6



After an hour, **take the chicken out** of the oven and check the **internal temperature** by sticking a meat thermometer into the thickest part of the leg. It should register at least 165 degrees Fahrenheit.

Step
7



If you don't have a meat thermometer, an **alternate way to check for doneness** is to **cut through the skin** between the leg and the breast. If the juices that run out are **clear** rather than cloudy, the chicken's ready.

Step
8



Let the chicken rest 20 minutes. Slice and **serve**.

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