

# Roast Chicken with Potato Purée, Seasonal Vegetables, and Chicken Jus

Dinner

French

Lunch

Main Course

Alcohol-Free



Yield: 4 portions • Prep: 40 min | Cook: 90 min

A classic roast chicken served with smooth potato purée, seasonal vegetables, and a light chicken jus. This recipe demonstrates fundamental roasting technique, controlled vegetable cooking, and structured plating, resulting in a balanced, execution-ready dish suitable for professional kitchen service.

Allergens:

Dairy

## Yield & Margin (per portion)

Yield: 4 portions

**Selling Price: \$24.00**

Cost/Portion: \$6.19

**Gross Margin: 74.2%**

(total production: \$24.77)

## Cost Breakdown

Component	Total Cost	Cost/Portion
Roast Chicken	\$15.78	\$3.94
Potato Purée	\$3.72	\$0.93
Seasonal Vegetables	\$2.52	\$0.63
Chicken Jus (Pan Sauce)	\$2.70	\$0.68
Garnish	\$0.05	\$0.01
<b>TOTAL</b>	<b>\$24.77</b>	<b>\$6.19</b>

## Nutrition (Estimated) (Medium confidence)

Per Portion	Amount
Calories	966 kcal
Protein	50.4 g
Fat	63.1 g
Carbs	47.3 g

Nutrition values are estimates based on available ingredient quantities.

- Yield adjusted: Chicken, Whole
- Byproducts excluded: Roasting Juices

## Chef's Note

*This preparation can be adapted by substituting roast chicken for duck or another poultry. Adjust roasting time and resting accordingly, while keeping the plating structure unchanged.*

## Sub-Recipes: Ingredients & Preparation

### Roast Chicken

Ingredient	Qty	Unit	Loss %	Cost
Chicken, Whole	1.6	kg	10%	\$15.29
Butter	30	g	0%	\$0.32
Garlic	10	g	10%	\$0.07
Thyme	2	g	0%	\$0.03
Rosemary	3	g	0%	\$0.05
Salt, Fine	3	g	0%	\$0.01
Pepper, Black	2	g	0%	\$0.03

Methodus assists with recipe documentation. Final responsibility for execution, food safety, and compliance remains with the user.

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**COOK****STEP 1: PREPARE CHICKEN FOR ROASTING**

5 min | 200°C / 392°F

1. Preheat oven to 200°C (390°F).
2. Pat the whole chicken dry thoroughly with paper towels to ensure crispy skin.
3. Season the cavity with a pinch of salt and pepper.
4. Stuff the cavity with 10 g fresh garlic cloves, 2 g thyme sprigs, and 3 g rosemary sprigs.
5. Secure the legs together with kitchen twine if desired for even cooking.
6. Tip: Drying the chicken is crucial for crispy skin.

**STEP 2: SEASON AND ROAST CHICKEN**

20 min | 200°C / 392°F

1. Melt 30 g butter.
2. Brush the entire exterior of the chicken with the melted butter.
3. Season generously with 3 g fine salt and 2 g black pepper, ensuring even coverage.
4. Place the chicken, breast-side up, on a roasting rack in a roasting pan.
5. Roast for an initial 20 minutes at 200°C (390°F) to crisp the skin.

**STEP 3: CONTINUE ROASTING CHICKEN**

70 min | 180°C / 356°F

1. Reduce oven temperature to 180°C (350°F).
2. Continue roasting the chicken for another 60–80 minutes, or until an internal temperature of 74°C (165°F) is reached in the thickest part of the thigh without touching bone.
3. Use a meat thermometer for accuracy.
4. Baste occasionally with pan juices if desired for extra moisture.
5. Done when: skin is deep golden brown and juices run clear when pierced.

**STEP 4: REST CHICKEN**

18 min

1. Once roasted, carefully transfer the chicken from the roasting pan to a cutting board.
  2. Tent loosely with aluminum foil and let it rest for at least 15–20 minutes before carving.
  3. This allows the juices to redistribute, resulting in a more tender and flavorful chicken.
  4. Reserve the roasting pan with accumulated juices for the Chicken Jus.
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**Potato Purée**

Ingredient	Qty	Unit	Loss %	Cost
Potatoes	800	g	0%	\$2.67
Milk, Whole	120	ml	0%	\$0.14
Butter	80	g	0%	\$0.84
Salt, Fine	2	g	0%	\$0.01
Pepper, White	2	g	0%	\$0.07

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**COOK****STEP 1: COOK POTATOES**

18 min

1. Peel and quarter 800 g potatoes.
  2. Place the potato quarters in a large pot and cover with cold, salted water by about an inch.
  3. Bring to a boil over high heat, then reduce heat to medium-low and simmer for 15–20 minutes, or until potatoes are fork-tender.
  4. Done when: a fork easily slides through a potato piece.
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## STEP 2: DRAIN AND MASH POTATOES

3 min

1. Drain the cooked potatoes thoroughly in a colander.
2. Return the hot, drained potatoes to the empty pot or a large bowl.
3. Using a potato masher, ricer, or food mill, mash the potatoes until smooth, ensuring no lumps remain.
4. Tip: A ricer or food mill will produce the smoothest purée.

## STEP 3: FINISH POTATO PURÉE

5 min

1. In a small saucepan, gently warm 120 ml whole milk and 80 g butter over low heat until the butter is melted and the mixture is hot, but not boiling.
2. Gradually add the warm milk and butter mixture to the mashed potatoes, stirring constantly until fully incorporated and the purée is creamy and smooth.
3. Season with 2 g fine salt and 2 g white pepper to taste.
4. Adjust seasoning as needed.
5. Done when: purée is light, fluffy, and free from lumps.

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## Seasonal Vegetables

Ingredient	Qty	Unit	Loss %	Cost
Carrots	200	g	0%	\$0.67
Beans, Green	200	g	0%	\$1.53
Butter	30	g	0%	\$0.32
Salt, Fine	3	g	0%	\$0.01

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## COOK

### STEP 1: PREPARE AND BLANCH CARROTS

5 min

1. Peel 200 g carrots and cut them into uniform 2-inch pieces or rounds.
2. Bring a medium pot of salted water to a rolling boil.
3. Add the carrots and blanch for 2–3 minutes, until slightly tender but still firm.
4. Immediately transfer the blanched carrots to an ice bath to stop the cooking process and preserve their vibrant color.
5. Drain well.

### STEP 2: PREPARE AND BLANCH GREEN BEANS

5 min

1. Trim the ends of 200 g green beans.
2. In the same boiling salted water used for carrots (or fresh, if needed), add the green beans and blanch for 2–3 minutes, until bright green and crisp-tender.
3. Immediately transfer the blanched green beans to an ice bath to stop the cooking and set their color.
4. Drain well.

### STEP 3: SAUTÉ VEGETABLES

4 min

1. In a large sauté pan, melt 30 g butter over medium heat.
2. Add the blanched carrots and green beans and sauté for 3–5 minutes, stirring occasionally, until heated through and lightly caramelized.
3. Season with 3 g fine salt to taste.
4. Adjust seasoning as needed.
5. Done when: vegetables are tender-crisp and glossy.

## Chicken Jus (Pan Sauce)

Ingredient	Qty	Unit	Loss %	Cost
Roasting Juices	0.4	L	0%	\$2.33
Shallot	30	g	10%	\$0.11
Butter	20	g	0%	\$0.21
Salt, Fine	4	g	0%	\$0.01
Pepper, Black	3	g	0%	\$0.04

### COOK

#### STEP 1: PREPARE ROASTING JUICES

5 min

1. Carefully pour the 0.4 L accumulated roasting juices from the chicken's roasting pan into a heatproof container, straining out any large solids like herbs or garlic.
2. Allow the fat to separate and rise to the top.
3. Skim off and discard most of the rendered chicken fat, leaving behind the flavorful pan drippings and a small amount of fat for richness.
4. Tip: You can cool the juices briefly in the fridge to make fat removal easier.

#### STEP 2: SAUTÉ SHALLOTS AND DEGLAZE PAN

4 min

1. Minced 30 g shallot very finely.
2. Place the roasting pan (without rack) over medium heat on the stovetop.
3. Add 20 g butter to the pan.
4. Once melted, add the minced shallot and cook for 2–3 minutes until softened and translucent, scraping up any browned bits (fond) from the bottom of the pan.
5. Deglaze the pan with a splash of water or chicken stock (if available, otherwise use water) to loosen any remaining flavorful crust at the bottom.

#### STEP 3: SIMMER JUS

6 min

1. Pour the skimmed roasting juices into the pan with the shallots.
2. Bring the mixture to a simmer over medium heat.
3. Reduce the heat to low and continue to simmer for 5–7 minutes, stirring occasionally, until the jus has slightly thickened and is flavorful.
4. Season with 4 g fine salt and 3 g black pepper to taste.
5. Adjust seasoning as needed.
6. Done when: sauce coats the back of a spoon lightly.

## Plating & Garnish

*No plating reference image — upload one for consistency across locations.*

#### Garnish (per portion)

Ingredient	Qty / Portion	Total	Unit	Prep	Loss %	Cost / Portion
thym	0.50	2	g	—	5%	\$0.01
thym	0.50	2	g	—	0%	—
<b>Total garnish / portion</b>						<b>\$0.01</b>

#### STEP 1: PLATING

##### INSTRUCTIONS:

1. Spoon a portion of smooth potato purée onto the left side of a warm plate.
2. Shape gently with the back of the spoon to form a relaxed quenelle.
3. Place the roast chicken portion front-center on the plate, lightly overlapping the purée without compressing it.
4. Angle the chicken naturally.



## STEP 2: PLATING

### INSTRUCTIONS:

1. Arrange the vegetables neatly on the right side of the plate, aligned but not rigid.
2. Keep clear separation between vegetables and purée.



## STEP 3: PLATING

### INSTRUCTIONS:

1. Spoon a small amount of chicken jus around the base of the chicken, allowing it to flow naturally without flooding the plate.



## STEP 4: PLATING

### INSTRUCTIONS:

1. Finish with a single thyme sprig or a light pinch of chopped chives placed directly on the chicken.

## Presentation Notes



### NOTE 1

Serve on warm, wide-rim porcelain plates; slice chicken just before service to retain moisture.