

## Rosemary Lemon Roasted Capon ~ Sarah Roberts

**NOTE 1:** If roasting a 4-5 pound chicken, cut the following ingredients in half and reduce the time in the oven by about half. Be sure to use your meat thermometer to ensure doneness.

**NOTE 2:** If you don't prefer rosemary, feel free to experiment with thyme, sage or a combination of herbs.

### INGREDIENTS

One Capon (about 8 pounds)

3 tablespoons of butter at room temperature

3 fresh lemons, cut in half

4 cloves of garlic, slightly "smashed"—use the back of your knife and press down quickly on each clove

4 sprigs of fresh rosemary

One medium onion, peeled and cut in half

2-4 Medium Potatoes, chopped in halves or thirds, if desired. For roasting alongside the capon.

### INSTRUCTIONS

1. Heat oven to 475 degrees F.
2. Reach inside the cavity of the capon and remove any giblets. Discard.
3. Sprinkle the capon generously with the salt and pepper.
4. Inside the cavity, place the following: 4 Smashed garlic cloves; 2 Lemons; 2 whole sprigs of Rosemary; Onion; One tablespoon Butter
5. In a bowl, mix the remaining 2 tablespoons of butter with the juice of one lemon and the remaining rosemary sprigs, chopped.
6. Tie the legs together with kitchen twine (this helps the bird cook more evenly and provides for a nicer presentation).
7. Place on a rack in a roasting pan.
8. Smear the bird all over with your lemon & rosemary butter.
9. Arrange the potatoes, if using, in the roasting pan around the bird. Season them with salt and pepper.
10. Roast for 20 minutes.
11. Reduce oven temperature to 350 degrees F and continue to roast.
12. Baste the capon with pan drippings every 30 minutes for about 3 1/2 hours until a thermometer inserted between the body and thigh reaches 167 degrees F and the bird's juices run clear (avoid touching the thermometer to the bone).

13. Remove the bird from the oven and allow it to rest for at least 20 minutes before carving. Cover with a dish towel or tinfoil, if desired.
14. Remove the potatoes and place them in an oven-safe dish. Keep them in the warm oven until ready to serve.
15. Discard the contents of the cavity unless you are making gravy.
16. Carve the bird and present on a platter. Check out the video on this blog post for an easy and effective way to carve. <http://sarahtalksfood.com/turning-43/>
17. Enjoy!! ☺