

POULET À L'ESTRAGON

1 CHICKEN AROUND 3 1/2 LBS.
6 SCALLIONS
1 BUNCH OF TARRAGON, ENOUGH FOR 1 CUP OF LEAVES
CHICKEN OR VEAL STOCK
CRÈME FRAÎCHES
LEMON

SEVERAL HOURS OR THE DAY BEFORE, SEASON CHICKEN WITH SALT AND PEPPER. USING YOUR FINGERS, GENTLY SEPARATE THE SKIN FROM THE FLESH WHERE THE THIGH MEETS THE BREAST AND INSERT A FEW SPRIGS OF TARRAGON ON EACH SIDE. INSERT MORE TARRAGON IN THE CAVITY. TRUSS THE CHICKEN AND REFRIGERATE.

PRE-HEAT THE OVEN TO 400°

ALLOW THE CHICKEN TO RETURN TO ROOM TEMPERATURE.

HEAT A CAST IRON PAN ON TOP OF THE STOVE FOR FIVE MINUTES.

DRY THE CHICKEN WELL WITH PAPER TOWELS. SPLASH A BIT OF CANOLA OR GRAPESEED OIL IN THE PAN AND PUT IN THE CHICKEN, BREAST SIDE UP. COOK ON HIGH HEAT FOR FIVE MINUTES AND PLACE IN THE OVEN.

ROAST FOR ABOUT AN HOUR AT 400°. CHICKEN IS DONE WHEN YOU INSERT A SHARP FORK IN THE THIGH AND THE JUICE RUNS CLEAR.

MEANWHILE, TRIM SCALLIONS AND CUT INTO 1/2 INCH PIECES. STRIP THE LEAVES FROM ENOUGH TARRAGON SPRIGS TO FILL A CUP MEASURE.

PLACE THE CHICKEN ON A WARM SERVING PLATTER WHILE YOU MAKE THE SAUCE. REMOVE TRUSSING STRING.

POUR OFF MOST OF THE FAT FROM THE PAN. MELT 1 TBSP OF BUTTER IN THE PAN AND ADD THE SCALLIONS. COOK ON A LOW FLAME, STIRRING FREQUENTLY UNTIL THEY BECOME TRANSLUCENT.

POUR IN $\frac{3}{4}$ CUP OF STOCK AND REDUCE OVER HIGH HEAT TO ABOUT $\frac{1}{3}$ CUP. ROUGHLY CHOP THE TARRAGON AND ADD HALF TO THE STOCK.

ADD THE CONTAINER OF CRÈME FRAÎCHE AND REDUCE BY HALF OVER MEDIUM HEAT, STIRRING SO IT DOESN'T BURN. ADD A FEW DROPS OF LEMON JUICE. TASTE FOR SEASONING.

SPOON OVER THE ROAST CHICKEN AND SCATTER WITH REMAINING CHOPPED TARRAGON.

SERVES 4