

Roast Capon

- 1 (6-7 lb) capon, brought to room temperature (30 minutes on the countertop)
- sea salt
- freshly ground black pepper
- 2 T unsalted butter, softened
- 1 T olive oil
- 1 T lemon zest
- 1 T fresh thyme, chopped
- 2 lemons, halved
- 1/4 c fresh lemon juice
- light dusting of paprika
- 6 medium red or yellow onions, trimmed, leaving root ends intact, and cut into wedges
- 1 c homemade chicken stock (or store bought, reduced sodium)

Preheat oven to 425F. Remove excess fat then rinse, dry, lightly salt and pepper capon inside and out.

Combine butter, oil, zest, 2/3 tablespoon thyme and 1/4 teaspoon each of salt and pepper in a small bowl. Loosen skin starting at neck, then place butter mixture under the skin, and on the outside of capon. Tuck wings under.

Put halved lemon in the cavity, then tie legs together with string. Coat the exterior with lemon juice, then a sprinkling of salt, pepper and paprika.

Roast capon 30 minutes, then reduce oven temperature to 375F and add onions to pan, coating with pan juices. Baste and stir onions every half hour, until thermometer in thigh registers 170F.

Retain all the juices from the cavity and the onions in the roasting pan as you transfer the capon to a cutting board, the onions to a bowl. Allow the capon to stand, exposed, for 15 minutes. Season the onions with salt and pepper as required.

Add the chicken stock to the roasting pan, deglazing by boiling over high heat for about 1 minute. Transfer to a small pot, simmering until thickened and adding a teaspoon of chopped fresh thyme, salt and pepper to taste. Serve in a gravy boat with a deep spout that emits fat free gravy.

Serve with onions and sauce.

Jittery Cook