

Whole Chicken w/ white wine gravy

Number of Servings: 6

Cook Time: 35 minutes

Ingredients

4-lb whole chicken, preferably free range

1 tbsp good quality olive oil

2 tbsp lemon juice

1 tsp thyme or herbs de provence

1 tsp garlic powder

1 tsp salt

few cranks of pepper

1/2 cup dry white wine

1/2 cup water

For gravy

1-tbsp unsalted butter

1-tbsp tapioca

1-tbsp arrowroot

1 tbsp sorghum

1/2 cup chicken broth or water

salt and pepper to taste

Instructions

Rinse and dry off the bird, remove neck and heart or leave them in, it's up to you.

Pour the wine and water into the pot. Set chicken into the instant pot.

Pour oil and lemon juice over the bird then sprinkle with thyme or herbs de provence, garlic and salt and pepper.

Put lid on, and press manual button up to 35 minutes. Add +15 if bird is frozen.

Once timer goes off let come down naturally for 20 minutes then quick release rest of steam.

Doing a quick release with meats can sometimes make them tough, so best to let it rest 15-20 minute.

To make gravy, remove chicken from pot, cover and let rest. If you like your skin crispy you can lift the chicken onto a roasting pan and place on lower rack in oven under the broiler for 5-7 minutes. Watch it carefully so that it doesn't burn.

Make the gravy:

Set pot to saute' mode, add the butter and stir.

Place tapioca, arrowroot, sorghum and water in a 500ml mason jar, add 1/2 cup water or chicken broth. Put on a tight fitting lid and shake until all lumps are dissolved. Use the back of a fork to

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break up any lumps. I usually pour the liquid through a sieve as I'm adding it to the pot so that is lump free.

Once liquid in pot just starts to boil, add the flour mixture and mix well until thickened. Turn back to keep warm setting and serve with chicken. Salt and pepper to taste.

For extra creamy gravy, remove skin from cooked but not broiled chicken and place all gravy ingredients and skin in a high powered blender and blend until skin is fully pureed. Return to pot to keep warm.