

Barbara Lynch

POULET AU PAIN

Serve 2 to 3

3 cups all-purpose flour, more for flouring the counter

1 1/2 teaspoon kosher salt, more for finish

1/2 teaspoon sugar

12 tablespoons unsalted butter, cut into pieces

1 tablespoon olive oil

2 stalks celery, peeled and diced

1 medium carrot, peeled and diced

1 medium onion, diced

1 tablespoon chopped fresh rosemary

Freshly ground black pepper

1 small whole chicken (3 to 3 1/2 pounds), giblets and
excess fat and skin removed, bird patted dry

1 egg

To make the bread dough, combine the flour, salt, and sugar in the bowl of a stand mixer fitted with the paddle attachment. Add the butter and mix with the paddle, stopping the mixer occasionally to break up bigger chunks of butter with your hand. Add 1/2 cup water and continue mixing until the dough begins to come together. At this point, turn the mixer off, and switch to the dough hook, (scraping all of the dough off the paddle, first of course.) Knead the dough with the hook until it comes together in one mass, 1 to 2 minutes. Turn the dough out onto a lightly floured surface and continue to knead it by pushing it away from you with the heel of your hand, folding it over, giving it a quarter turn, and pushing it away again until it feels nice and elastic. If the dough is very sticky, add a little more flour to it as you knead. Wrap the dough in plastic wrap and refrigerate it for at least 1/2 hour.

[over]

Meanwhile, heat the olive oil in a sauté pan over medium heat. Add the celery, carrot, onion, and rosemary, and a pinch of salt and cook, stirring occasionally, until vegetables are just tender but not colored, 8 minutes. Let cool. Clip the chicken wings off at the body; you won't use them for this dish. Season the chicken liberally inside and out with salt and pepper. Stuff the bird with the cooled vegetables, and tie the legs together with kitchen twine.

Heat the oven to 400°F. On a very lightly floured surface, roll the dough out to 1/8-inch thick; this will take some muscle. If the dough is very stubborn let it rest for a few minutes before trying to roll it some more. Put the chicken on the dough breast-side down and wrap the dough up and around the bird encompassing it completely and overlapping the dough. (If there is a lot of overlap, trim the dough.) Pinch the seams together to keep them closed. Turn the bird over and put the bird seam-side down on a sided baking sheet. Brush the dough all over with the egg wash and sprinkle it lightly all over with salt. Bake until the chicken is cooked through and the bread is a lovely golden brown, 1 to 1 1/2 hours depending on the size of the chicken (an instant read thermometer inserted through the crust into the breast should read 170°F). Let cool for at least an hour, preferably two before tearing it apart and serving.

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