

Mel's Honey Mustard Roast Chicken

3 lb roasting chicken
1 orange cut in quarters
1 large onion cut in quarters
1 cup chopped celery
1/2 cup Dijon Mustard
1/2 cup honey
10 sprigs of fresh thyme (remove the stems)
5 cloves of garlic sliced
1 cup dry sherry
1 can of frozen orange juice
1 Tbl no salt seasoning

Combine the Sherry, Honey and Dijon Mustard and thyme together. Rub the inside cavity and the outside of the chicken with this mixture. Sprinkle the no salt seasoning inside and outside of the chicken. Put the remaining ingredients in the cavity of the chicken with the exception of Orange juice. Roast at 225F breast side down for 1 hour per pound. Brush the outside with the orange juice concentrate every half hour. After the first hour and a half turn the chicken over so it browns evenly, The last 1/2 hour turn the temperature up to 350 so the chicken browns all over and the skin gets crisp. Let the chicken rest at least 15 mins before carving. (you will know the chicken is done if you slice between the leg and the **thigh** and the juices come out clear.