

How to Roast Vegetables

Even veggies haters may find roasting creates a pleasant, slightly-sweet flavor that masks the typical bitterness of many vegetables. This simple cooking method helps preserve the natural nutrients of the veggies. It also gives them an attractive brown color that's not unlike the beautiful appearance of traditional grilled vegetables.

Instructions

1. Choose your vegetables. Almost any hard, solid vegetable can be roasted. Good choices include peppers (any color), squash and zucchini, root vegetables (such as onions), Brussels sprouts and asparagus.
2. Prepare your vegetables. Wash the vegetables with fresh running water. Lightly scrub off the dirt with a vegetable brush.
3. Cut vegetables into pieces. Uniform pieces work best for roasting. Using a cutting board and knife, try to slice your vegetables into chunks that are approximately the same size.
4. Preheat oven. Your oven should be preheated to about 400 degrees.
5. Dress vegetables. Put your vegetables in a bowl and add a few tablespoons of olive oil. Sprinkle them with kosher or sea salt. Add a little pepper to taste. Toss to coat the vegetable chunks.
6. Prepare roasting pan. Grease the bottom of a shallow roasting pan or line it with parchment paper.
7. Arrange the vegetables. Arrange the vegetables in a single layer in the roasting pan.
8. Begin roasting the vegetables. Once the oven is preheated, slide the vegetables onto the middle rack. Roast for approximately 10 minutes.
9. Stir the vegetables. After 10 minutes have passed, stir the vegetables. Spread them in a single layer again.
10. Roast another 10 minutes.

Things You'll Need:

- Vegetables
- Roasting pan
- Oil
- Seasoning
- Knife
- Cutting board

Tips & Warnings

- You can also season your vegetables with other herbs and spices, such as Italian seasoning or rosemary .
- Your vegetables should be lightly browned on the edges. You may need to add extra roasting time if your vegetables are cut into very large chunks.
- Be careful to avoid bruising the tender flesh of the vegetables when you're scrubbing them clean.
- Avoiding packing the vegetables too closely in the roasting pan, as this will cause them to steam rather than roast.

How to Roast a Chicken With Garlic

Roasting a whole chicken makes a delicious meal for your entire family and this recipe adds cloves of garlic, cooked inside the chicken. Garlic has many positive effects on your health. Roasting a chicken is very simple—here's how.

Instructions

1. Preheat the oven to 375 degrees F. Using a baking pan large enough for your chicken, place a roasting rack in the bottom of the pan. Coat the roasting rack and pan with cooking spray for easy cleanup.
2. Remove the bag of giblets from the cavity of the chicken. You can discard them or set them aside to cook later. Wash the chicken with cold water and pat dry.
3. Place 10 cloves of garlic, 3 tablespoons of butter, salt and pepper inside the chicken cavity. Put chicken on roasting rack, breast side up.
4. Rub outside of chicken with extra virgin olive oil. Season the outside with salt and pepper. Tie the legs of the chicken together.
5. Place the baking pan toward the lower part of the oven. Roast for 45 minutes. Baste the chicken with the pan juices and return to oven for an additional 45 minutes or until juices run clear when a knife is inserted into the chicken. If desired, in the final five minutes, baste with honey and continue roasting, uncovered.
6. Remove the dish from the oven, using oven mitts. Cover chicken loosely with aluminum foil and set aside for 15 minutes to allow juices to soak in.
7. Carve the chicken, removing garlic cloves. Serve chicken and garlic while hot.

Things You'll Need:

- Chicken, 3-pound whole
- Olive oil
- 10 cloves of garlic
- Salt and pepper
- Baking dish with roasting rack

Tips & Warnings

- You can squirt lemon or lime juice on the outside of the chicken for a citrus flavor.
- Do not undercook chicken. Make sure the chicken is not red or pink near the bone.

How to Roast Meat

Roasting is used for large, tender cuts of meat. Beef rib cuts, pork loins, legs of lamb, and whole poultry all roast well. The technique involves little more than browning the outside (if you can) and placing the roast in a hot oven.

Instructions

1. Preheat the oven to 450 degrees F.
2. Assess the size of the roast. If it's small enough for you to quickly brown the outside in a very hot pan or a barbecue grill, season the roast with salt and pepper oil it lightly and brown it.
3. Put the meat in a roasting pan; fat side up.
4. If it is already browned, lower the heat to 325 degrees F and cook until done.
5. If the meat is too large to brown before roasting, cook it at 450 degrees F for about 20 minutes, then lower the heat to 325 degrees F and cook until done.
6. Test for doneness with an instant-read kitchen thermometer. Beef, lamb and veal are generally rare at about 130 degrees F, medium-rare at about 140 to 145 degrees F, and medium at 150 degrees F. Pork and poultry should be cooked past 155 degrees F.
7. Place foil over the meat and wait 10 to 20 minutes to carve it. (Waiting helps to ensure that juices stay in the meat, rather than spilling all over the cutting board.)

Things You'll Need:

- Meat Charts
- Instant-read Cooking Thermometers
- Roasting Pans
- large, tender cut of meats

Tips & Warnings

- Instant-read thermometers cost about \$5 at most markets and kitchen stores. They're the best way to tell if meat is done. If you don't have one, refer to a meat chart in an all-purpose cookbook or use a thin knife to cut the roast open.
- In general, don't cover a roast; you don't want it to steam in its own juices. If, however, you're cooking a large roast or turkey and it browns too quickly, cover the browned parts only with foil. Try not to trap in moisture.
- Save the pan drippings to make gravy.
- Browning the meat first doesn't seal in any juices, as some might claim, but it helps the roast cook faster, which means it will lose less moisture during cooking. It also makes for a more flavorful roast; the browned parts are tasty.
- Is there a difference between baking and roasting? Sort of. Baking means cooking in a hot oven with little or no browning. With roasting, the whole point is to get that deep, flavorful browning, which the initial blast of high heat provides.

How to Grill With Your Oven

Grilling is a summer pastime that often falls by the wayside when the weather turns cold during the winter months. Though it's not always possible to fire up the grill when there's snow on the ground, you can prepare recipies meant for the grill in your oven instead. The broiler function on ovens acts similar to a grill. It applies direct, intense heat to the surface of the food, sealing in the juices and producing a nice, crisp char on the outside. This technique works best for meats, which cook more slowly, although vegetables can be prepared under a broiler if they are carefully monitored. The key to grilling with your oven is to preheat it to the highest possible temperature first, then switch to the broil setting. This allows the oven to maintain a temperature that is as searing as a grill.

Instructions

1. Move the oven rack to the highest position in the oven. Preheat the oven to its highest possible temperature (usually between 500 and 550 degrees Fahrenheit). Preheating the oven will allow it to grow hot enough to really sear the food. Slide a cast-iron skillet or grill pan onto the oven rack and let it rest in the oven while it's preheating.
2. Take the food out of the refrigerator and prepare it in the same manner as you would if you were grilling in the traditional sense. Apply sauces and rubs to the meats and allow them to come to room temperature. Marinate the vegetables. Coat leaner cuts of poultry and fish with oil to keep them from sticking to the pan.
3. Turn the oven to broil after it has preheated completely. Place the food in the preheated skillet.
4. Allow the items to broil until cooked; flip the food halfway through the cooking time. Times will vary based on the food. Fish and vegetables will take two to five minutes to cook all the way through. Poultry generally takes five to 10 minutes, while beef takes about 10 minutes. Check the meat with a meat thermometer about five minutes in to see how quickly it is cooking, and remove it from the oven when it has reached the desired internal temperature.
5. Remove the entire pan from the oven and turn off the heat. Take the meat out of the skillet, allow it to rest for five to 10 minutes, and serve.

Things You'll Need:

- Cast-iron skillet or grill pan
- Meat thermometer