

Brown Sugar Roast Chicken with Carrots

Whole roast chicken with a late-applied brown sugar soy glaze, tender roasted carrots, and onion wedges for a sweet-savory dinner.



PREP

20 minutes

COOK

1 hour 40 minutes

TOTAL

2 hours 15 minutes

SERVES

6 servings

INGREDIENTS

1 whole chicken, about 4 to 5 pounds, fully thawed with giblets removed
 1/2 cup packed brown sugar
 1/4 cup reduced-sodium soy sauce
 1/4 cup olive oil, divided: 1 tablespoon for chicken, 1 tablespoon for vegetables, and 2 tablespoons for glaze
 1 teaspoon garlic powder, divided
 1 teaspoon onion powder, divided
 Up to 1/2 teaspoon salt, optional; use less if the chicken is already brined or seasoned
 1/2 teaspoon black pepper, divided
 1 pound baby carrots, splitting very thick ones lengthwise
 1 large onion, cut into wedges
 Small splashes of water, only if needed to prevent the pan drippings scorching

DIRECTIONS

1. Prepare and season the chicken: Heat the oven to 375 degrees F. Pat the fully thawed chicken dry and remove any giblet packet from the cavity. Rub with 1 tablespoon oil, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, and 1/4 teaspoon pepper. Add only a little optional salt, if any. Set breast-side up in a roomy roasting pan and leave the cavity unstuffed.
2. Start roasting and prepare the vegetables: Roast the chicken for 30 minutes. Meanwhile, toss the carrots and onion wedges with 1 tablespoon oil and the remaining 1/4 teaspoon pepper. Add them around the chicken after the first 30 minutes, spreading them as evenly as the pan allows. Continue roasting.
3. Mix the glaze separately: Stir the brown sugar, reduced-sodium soy sauce, remaining 2 tablespoons oil, remaining 1/2 teaspoon garlic powder, and remaining 1/2 teaspoon onion powder together until blended. Keep this glaze separate from raw chicken until the late roasting stage. Stir again before using because oil can separate.
4. Glaze during the later roasting stage: After about 60 minutes total roasting time, brush the chicken with a thin, even layer of glaze, using a clean brush and spooning glaze into a small working bowl as needed. Keep the main glaze bowl separate from a brush that has touched undercooked chicken. Spoon some clean glaze over the vegetables if desired. Discard any working glaze that contacted raw or undercooked poultry. If pan drippings become dark and sticky, add a small splash of water to the pan, away from the chicken skin.
5. Finish by temperature: Continue roasting until the

chicken is cooked throughout, usually about 75 to 110 minutes total, though some birds need longer. Begin temperature checks around 75 minutes. Probe the thickest breast area and the deep areas where the thigh and wing meet the body, avoiding bone; each must reach at least 165 degrees F. Loosely tent areas that brown before the meat is done. Check that the carrots are tender and, because they cook in poultry drippings, heated through to 165 degrees F.

6. Rest, finish the vegetables, and carve: Transfer the cooked chicken to a clean board and rest for 10 to 15 minutes. If the carrots need more time, return the pan to the oven while the bird rests. Carve and serve with the carrots and onions. If serving pan juices, skim excess fat and bring the juices to a simmer in a saucepan before spooning over the meal.

SWAPS & NOTES

Timing is approximate and includes up to a 15-minute rest. Chicken size, starting temperature, and oven performance affect roasting. Use temperature checks instead of a fixed finish time.

The glaze goes on later in the roast so the sugar is exposed to high heat for less time. Tent if it colors too quickly.

The oil is divided between the chicken, vegetables, and glaze. Do not use the full 1/4 cup in each part.

Soy sauce supplies salt. Use reduced-sodium sauce and add extra salt cautiously, especially with an already brined chicken.

TIPS FOR SUCCESS

Pat the skin dry before applying the initial oil and seasonings.

Use a roomy pan so the vegetables do not sit in a deep pile.

Check several chicken areas without touching bone with the thermometer.

Add a little water to the pan if sweet drippings threaten to scorch, keeping it off the skin.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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