



ROASTED CAPON

Recipe by Nicola Zanghi

Turkey is a Thanksgiving tradition, but capon is a smaller, milder, more tender, and sweeter alternative. At an average size of 8 - 10 pounds, it is perfect for smaller gatherings. It cooks quickly and is as beautifully enticing as the common turkey.



Ingredients

- 1 fresh capon
- 1 lemon, sliced
- 1 Valencia orange, sliced
- 12 fresh sage leaves
- 3 tablespoons of unsalted butter, softened
- 1 tablespoon of olive oil
- Sea salt

Directions

- Preheat oven 400°
- Place the capon on a roasting rack, breast side up. Insert the lemon and orange slices into the cavity, and tie the legs together. Twist the wings under the bird.
- Rub a thin layer of butter over the entire skin and add olive oil on the wings and legs. Sprinkle salt lightly.
- Roast the capon for 90 minutes. Check after 60 minutes and cover the wings and legs with foil if they brown too quickly.
- Let the capon rest, covered, for 15 minutes before serving.

Serves 6-8