



ROASTING PAN RECIPES



Full Bloom 2022 eBook

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Indian Spiced Roasted Chicken

Recipe 1 – Serves 4

INGREDIENTS:

- 2 teaspoons sea salt
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1/2 teaspoon cinnamon
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon cardamom
- 3 to 4 pound chicken, gizzards and neck removed
- 3 tablespoons melted unsalted butter

INSTRUCTIONS: Preheat oven to 400 degrees.

In a small combine, combine first 8 ingredients (salt through cardamom). Then rub chicken down with butter, make sure to get it everywhere even under the skin over the breast. Season evenly with spice mixture and transfer to a roasting pan, breast side up.

Place chicken in oven and cook for 60 to 90 minutes or until the thickest part of the breast is cooked through. After the first 30 minutes of roasting, lightly tent pan with foil and continue cooking. Once done, remove from oven and allow to rest for 15 minutes before serving. It never hurts to add some of those cooking juices over the top!

Maple Garlic Salmon

Recipe 2 – Serves 4

INGREDIENTS:

3 cloves garlic
2 tablespoons olive oil
1/4 cup pure maple syrup
1 teaspoon lemon zest
sea salt and freshly ground black pepper, to taste
2 pounds wild-caught salmon filets

INSTRUCTIONS: Preheat oven to 375 degrees.

In a food processor, combine all ingredients EXCEPT salmon. Puree until smooth. Place salmon in a roasting pan and generously baste all sides in garlic maple mixture.

Place salmon in oven and roast for 20 to 25 minutes. Until fish easily flakes with fork. Remove and serve.

Pork with Apples and Onions

Recipe 3 – Serves 4

INGREDIENTS:

2 tablespoons olive oil, divided
2 granny smith or Honey-crisp apples, cored and sliced
1 large onion, sliced
sea salt and freshly ground black pepper, to taste
1 teaspoon fennel seeds
1 teaspoon cinnamon
1/2 cup low sodium chicken broth
2 tablespoons apple cider vinegar
3 to 4 pound pork tenderloin
5 cloves garlic, peeled

INSTRUCTIONS: Preheat oven to 380 degrees.

In a large bowl toss together 1 tablespoon of olive oil and next 7 ingredients (apples through vinegar).

Cut 5 slits into pork tenderloin and push a clove of garlic into each. Rub remaining tablespoon of olive oil and place in roasting pan then season with salt and pepper.

Pour apple mixture into roasting pan on all sides.

Place in oven and roast for 45 to 60 minutes or until tenderloin is cooked through. Serve with a scoop of apples and onions.

Garlicky Rosemary Roast Beef

Recipe 4 – Serves 4

INGREDIENTS:

1 tablespoon olive oil
3 to 4 pound eye of round roast beef
sea salt and freshly ground black pepper, to taste
5 cloves garlic, minced
1 teaspoon dried rosemary
5 tablespoons unsalted butter
1 1/2 cups red wine, (or use beef broth)

INSTRUCTIONS: Preheat oven to 400 degrees.

In a large skillet, heat oil over high heat. Season roast with salt and pepper and quickly brown in skillet. Transfer to a roasting pan and rub down with garlic and rosemary.

Place in oven and cook for 20 minutes per pound or until cooked to your desired doneness.

Once done, remove from oven and roasting pan, allow meat to rest for 15 minutes before slicing.

Place roasting pan over a couple burners on stove top, turn heat to medium high on both burners. Add butter and wine to the pan. Bring to a boil and whisk up all the good bits on the bottom. After sauce reduces by nearly half, serve over beef.

Cherry Balsamic Lamb Shanks

Recipe 5 – Serves 4

INGREDIENTS:

1 tablespoon olive oil
1/4 cup balsamic vinegar
1 cup frozen black cherries
4 cloves garlic, peeled
1 medium shallot
1/2 cup red wine, (or use beef broth)
sea salt and freshly ground black pepper, to taste
2 pounds lamb shanks

INSTRUCTIONS: Preheat oven to 380 degrees.

In a food processor, combine all ingredients EXCEPT lamb. Blend until smooth.

Place lamb shanks in a roasting pan and generously slather cherry mixture on all sides.

Place in oven and roast for 40 minutes or until cooked to desired doneness. After about 20 minutes, baste with cooking juices on bottom of pan and continue cooking.

Once done, remove from oven and let rest for 15 to 20 minutes then serve with cooking juices over the top.

Shallot Honey Drumsticks

Recipe 6 – Serves 4

INGREDIENTS:

1 tablespoon olive oil
3 tablespoons honey
2 cloves garlic, peeled
2 medium shallots
1/2 cup low sodium chicken
1/2 cup BBQ sauce
sea salt and freshly ground black pepper, to taste
2 pounds drumsticks

INSTRUCTIONS:

Preheat oven to 375 degrees.

In a food processor, combine all ingredients except drumsticks. Puree until smooth. Place drumsticks in a roasting pan and heavily saturate with honey mixture. Place in oven and roast for an hour. Baste with cooking juices after about 30 minutes then finish roasting.

Serve with cooking juices.

Bacon Whiskey Pot Roast

Recipe 7 – Serves 4

INGREDIENTS:

1/2 pound bacon, chopped
1 tablespoon olive oil
3 pound chuck roast
4 cloves garlic, minced
1/2 medium red onion, diced
sea salt and freshly ground black pepper, to taste
1 teaspoon ground coriander
1/2 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/2 cup Jameson whiskey (or other preferred brand, or use beef broth)
3/4 cup low sodium beef broth

INSTRUCTIONS:

Preheat oven to 375 degrees.

Lightly grease the bottom of the roasting pan with just a small amount of the oil. Place Mahi Mahi filets on bottom of pan, then top with asparagus then top with lemon slices. Drizzle remaining olive oil over the top of everything and season with salt, pepper, garlic powder and onion powder.

Place in oven and roast for 20 to 30 minutes or until fish flakes easily with fork and asparagus is cooked through.

Buttery Herb Pork Chops

Recipe 8 – Serves 4

INGREDIENTS:

6 tablespoons room temperature unsalted butter
2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1 tablespoon fresh sage
1/2 tablespoon fresh rosemary
1/2 tablespoon fresh thyme
3 cloves garlic, peeled
4 thick cut bone-in pork chops

INSTRUCTIONS: Preheat oven to 380 degrees.

In a food processor, combine all ingredients EXCEPT pork chops. Puree until smooth. Slather all sides of chops generously with butter mixture. Lay them out on a roasting pan and place in oven.

Roast for 45 to 60 minutes or until cooked through. Remove from oven and allow to rest for 15 minutes. Serve with cooking juice/butter mixture over the top.

Finger Lickin' Wings

Recipe 9 – Serves 4

INGREDIENTS:

1 tablespoon olive oil
1 (14 ounce) can tomato sauce
1/2 cup brown sugar
1/4 cup Worcestershire sauce
5 cloves garlic, minced
sea salt and freshly ground black pepper, to taste
1 teaspoon red pepper flakes
1 teaspoon onion powder
1 teaspoon ground coriander
1/2 teaspoon paprika
2 pounds chicken wings

INSTRUCTIONS: Preheat oven to 375 degrees.

In a large mixing bowl, combine all ingredients EXCEPT wings. Whisk together well. Place wings in a roasting pan and heavily saturate with tomato mixture.

Place in oven and roast for 1 hour. Remove and allow to rest for 10 minutes before serving.

Tangy BBQ Ribs

Recipe 10 – Serves 4

INGREDIENTS:

1 cup BBQ sauce
2 tablespoons apple cider vinegar
2 tablespoons molasses
5 cloves garlic, minced
sea salt and freshly ground black pepper, to taste
1 medium shallot, minced
2 tablespoons olive oil
2 pounds boneless beef ribs

INSTRUCTIONS: Preheat oven to 300 degrees.

In a medium bowl, whisk together all ingredients except ribs. Place ribs in roasting pan and heavily slather mixture on all sides.

Place in oven and roast for 2 hours or until ribs are cooked through and tender enough to shred. Baste in cooking juices every 30 minutes.

Citrus Rubbed Chicken

Recipe 11 – Serves 4

INGREDIENTS:

5 tablespoons room temperature unsalted butter
1 teaspoon lemon zest
2 tablespoons lemon juice
1 teaspoon grapefruit zest
2 tablespoons grapefruit juice
1/2 teaspoon lime zest
1 tablespoon lime juice
3 cloves garlic, minced
sea salt and freshly ground black pepper, to taste
3 to 4 pound whole chicken, gizzards and neck removed

INSTRUCTIONS: Preheat oven to 400 degrees.

In a small bowl, whisk together all ingredients except chicken. Place chicken in a roasting pan breast side up, and rub butter mixture all over (even under skin on breast).

Place in oven and roast for 60 to 90 minutes or until thickest part of breast is cooked through (after the first 30 minutes, gently tent with foil and baste with cooking juices).

Once done, remove from oven and allow to rest for 15 minutes before serving.

Sausage and Cabbage Roast

Recipe 12 – Serves 4

INGREDIENTS:

1 small head of cabbage, chopped
1 medium onion, sliced
1 cup low sodium chicken broth
2 tablespoons apple cider vinegar
2 tablespoons olive oil
sea salt and freshly ground black pepper, to taste
1 teaspoon ground white pepper
1/2 teaspoon paprika
1/2 teaspoon ground nutmeg
1 1/2 pounds sausage links, sliced

INSTRUCTIONS: Preheat oven to 375 degrees.

In a large bowl, toss together all ingredients. Evenly spread mixture into a large roasting pan. Place in oven and roast for 45 minutes or until sausage is cooked through and cabbage is tender.

Chipotle Soaked Pork

Recipe 13 – Serves 4

INGREDIENTS:

2 tablespoons olive oil
3 to 4 pound pork tenderloin
1 (8 ounce) can chipotle peppers in adobo sauce, chopped
3 cloves garlic, minced
2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1 teaspoon chili powder
1/2 teaspoon cayenne pepper
1/2 teaspoon paprika
1/2 teaspoon dried oregano

INSTRUCTIONS: Preheat oven to 380 degrees.

Rub oil all over pork tenderloin and place in roasting pan. Then rub chipotle peppers, adobo sauce and garlic all over.

In a small bowl, mix together remaining spices (salt through oregano). Season tenderloin evenly with spices then place in the oven.

Roast for 60 to 90 minutes or until tenderloin is cooked through.

Spicy Creole Salmon

Recipe 14 – Serves 4

INGREDIENTS:

1 1/2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1 teaspoon cayenne pepper
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon paprika
2 tablespoons olive oil
2 pounds wild caught salmon filets

INSTRUCTIONS: Preheat oven to 375 degrees.

In a small bowl, whisk together first 6 ingredients (salt through paprika).

Lightly grease bottom of roasting pan with just a little bit of oil. Place salmon filets into roasting pan, brush with remaining oil then season with spice mixture.

Place in oven and roast for 20 to 30 minutes or until salmon is cooked through and flakes easily with fork.

Roasted Mahi Mahi with Asparagus

Recipe 15 – Serves 4

INGREDIENTS:

2 tablespoons olive oil
2 pounds Mahi Mahi filets
1 pound asparagus, trimmed
1 large lemon, sliced
sea salt and freshly ground black pepper, to taste
1 teaspoon garlic powder
1 teaspoon onion powder

INSTRUCTIONS: Preheat oven to 375 degrees.

Lightly grease the bottom of the roasting pan with just a small amount of the oil.

Place Mahi Mahi filets on bottom of pan, then top with asparagus then top with lemon slices. Drizzle remaining olive oil over the top of everything and season with salt, pepper, garlic powder and onion powder.

Place in oven and roast for 20 to 30 minutes or until fish flakes easily with fork and asparagus is cooked through.