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SOMETHING FOR EVERYONE



Stop in for slow-cooked BBQ,
 fried chicken, hot wings and
 other southern favorites that'll
 have you coming back for more.
 Catering available.

461 Spring Street
 Highlands, North Carolina 28741
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LUNCH & DINNER

Wild Thyme Café
 Serving Lunch
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 Vegetarian & Organic Specials
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Oak Street Café



Tuesday-Wednesday 11 a.m.-3 p.m.
 Thursday, Friday, Saturday 11 a.m.-8 p.m.
 Sunday 11 a.m.-3 p.m.
 Please call for private parties.

322 Main Street • Highlands, NC
 787-2200

Thea's Organic Kitchen

Herb Roasted Organic Free-Range Chicken
 with Applewood Smoked Bacon

The wafting aroma of a chicken roasting in the oven is a sensual pleantry both welcoming and comforting. Many years ago while living in the Catalina mountains of southern Arizona, I discovered a small café owned and operated by a rugged mountain woman. She cured her own bacon and created a successful mail order business shipping artisanal applewood smoked bacon across the country (except for when the bears raided the smokehouse and wiped out the bacon.) Normally when one thinks of bacon one thinks too much fat and too much salt. When the folks at Applegate Farms thought up the name "Sunday Bacon" for their nitrite- and chemical preservative-free bacon, they knew exactly what they were doing. Try this easy, aromatic roast chicken for your next Sunday dinner.

1 two-pound organic free range chicken

2 slices applewood smoked bacon

salt - pepper

sage - rosemary

marjoram

garlic powder

Rinse bird and pat dry with Seventh Generation recycled, unbleached paper towels. Place bird, breast side up, in a shallow roasting pan. Lightly salt bird then dust with pepper, garlic powder, sage, marjoram and crushed rosemary. Lay two slices of applewood smoked bacon across the top. This keeps the chicken oiled and adds flavor and salt. Depending on the weight of the chicken bake at 350° for approximately two hours and baste with pan drippings. Remove from oven when done and let stand 15 minutes before carving. I always make gravy from the pan drippings adding little more than flour, broth from the boiled giblets, and additional sage, salt and pepper to taste. You may also wish to stuff your chicken.

Support your local farmers - Buy organic!

Bon Appetite!

Contributed by Cynthia Stacey

