

Strategies Applied:

- Whole Chickens:** Usually on sale for 99 cents a pound in my area, they do drop now and then to 69 cents a pound. I pick them up then – and serve them roasted for the first meal, some type of leftover for the second, and soup for the third – usually my Homemade [Chicken or Turkey Soup](#). When I make stock, I simmer until the chicken meat is tender and easy to remove, then put the bones back in and simmer for three or four hours. Most chickens are 3 1/2 to 4 pounds these days, so buy the largest you can. At four pounds, if you have to pay the 99 cents, you'll be paying \$1.20 more for the chicken. Keep in mind, though, that this protein, depending on the size of your family, will make more than one meal.
- Honey:** Always expensive these days, especially with the depletion in the bee population. I usually buy mine at Walgreens when they have it on special with one of their store coupons. Aldi sometimes has decent prices, too. If your honey becomes crystallized, put in a pot of water on the stove top and gently heat, or put in a container of water and heat (lid off) on low in the microwave.
- Butter:** On sale for Easter this week, 1 pound is \$1.49 – stock up as much as you can during Holiday weeks and freeze. I cut the butter in this recipe by spreading a small amount on the warm chicken a few minutes into the baking time. You'll get a nice, even layer without a lot of extra fat from trying to smear it with cold butter.
- Fresh Tarragon:** If you grow it great, but if not, just crumble dried between your fingers. A more common substitute might be marjoram (use sparingly) or oregano. You'll use about a third of dried herbs in substitution for fresh.
- Onion:** The recipe originally called for Shallots, always a pricey option in my area – I used onion because that's what I had on hand. Buy onions whenever you see them drop in price and store in a cool, dark place away from any potatoes. Green onion would be a better substitute, but I didn't have them – when I do have them, I save the white tip in a glass of water in a sunny window – they regrow and I have green onion for weeks.
- Champagne:** Use if you have, but substitute sparkling wine (I'd rather have a good, more inexpensive Sparkler than a cheap Champagne, any day of the week!) or white wine, or do what I did here: A cup of chicken broth with about a two teaspoons of Champagne vinegar. No Champagne vinegar? Try any white vinegar. Taste it before serving and adjust. Because I make my own stock, cost negligible.
- Peas:** This is a vegetable I almost always buy frozen. Try to stock up on frozen vegetables through the winter, Easter is usually the last sale with coupons before next fall. I really like the select, fancy peas, sometimes called Petite.

•**Lemon:** Entirely optional for this recipe, but nice. Look for lemons to drop in price from January to April, which is just about the time a fresh lemon meringue pie or dessert can save you from those cold, dreary spring days. I even stock up a bit when the price is really great as they keep for several weeks. I use every part of a lemon, every time I get one. If the recipe doesn't use all the rind, I'll grate off the rest before I squeeze it and put it in small snack sized Ziploc in the freezer for another use, brightening up a pasta sauce or a soup. To get more juice out of your lemon, press down on it and roll it on your counter, or place in the microwave for just a few seconds to barely warm.

•Leftover Sauce for this Chicken? Use it with the bones and vegetable scraps to make stock for soup or to freeze.