

LEMON AND SAGE ROASTED MILAWA CHICKEN, CORN AND FENNEL

EQUIPMENT

CHEF'S KNIFE, BUTCHERS TWINE, BAKING TRAYS

INGREDIENTS

1.4-1.6KG FREE RANGE CHICKEN, 10 SAGE LEAVES, 4 SPRINGS THYME, 30GM BUTTER, 1 LEMON,
1 BULB FENNEL, 3 CORN ON THE COB, SALT AND PEPPER

METHOD

BEGIN BY LOCATING THE WISHBONE AT THE NECK END OF THE CHICKEN, FEEL WITH YOUR FINGERS AND MAKE A SMALL CUT DOWN EITHER SIDE OF THE BONE

WITH YOUR THUMB AND FOREFINGER RUB THE FLESH AWAY FROM THE BONE AND FIND WHERE THE MIDDLE OF THE BONE MEETS THE BREASTBONE AND PULL THE BONE OUT FROM THAT POINT

OPEN THE FLAP OF SKIN AT THE NECK END AND GENTLY SLIDE YOUR FINGERS IN- BETWEEN THE FLESH AND SKIN GENTLY SEPARATING THEM, DO THIS OVER BOTH THE BREAST SECTIONS

CUT TWO THIN RECTANGULAR PIECES OF BUTTER AND NEATLY LAY SOME SAGE LEAVES ON TOP OF THEM ALONG WITH A FEW TIPS OF THYME, PRESS THE HERBS INTO THE BUTTER SO THEY STICK SLIGHTLY

INSERT THE PIECES OF BUTTER INTO THE CAVITY YOU HAVE MADE BETWEEN THE FLESH AND THE SKIN, ONE BUTTER PIECE OF BUTTER OVER EACH BREAST

CUT A LEMON IN HALF AND INSERT IT INTO THE CAVITY OF THE CHICKEN ALONG WITH SOME SPRIGS OF THYME, ALSO SEASON THE INSIDE OF THE BIRD WITH A GENEROUS AMOUNT OF SALT AND CRACKED BLACK PEPPER

WITH THE BUTCHERS TWINE TRUSS THE CHICKEN (REFER TO THE VIDEO FOR DETAILS) SEASON THE OUTSIDE OF THE BIRD WITH SALT AND BLACK PEPPER

REMOVE THE FRONDS FROM THE FENNEL AND KEEP SOME ASIDE. SLICE YOUR FENNEL IN HALF AND REMOVE SOME OF THE CORE, KEEPING THE TWO HALVES INTACT, CUT EACH HALF INTO 4-6 WEDGES AND LAY THEM ON A FLAT BAKING TRAY

SEASON THE FENNEL LIGHTLY WITH SALT AND PLACE YOUR CHICKEN ON TOP

PLACE IN A PRE-HEATED OVEN COMBI SETTING 190 DEGREES FOR 10 MINS THEN TURN DOWN TO 180 DEGREES FOR A FURTHER 30-35 MINS

TO PREPARE THE CORN STRIP OFF A FEW OF THE OUTER LEAVES AND DISCARD, THEN BEGIN TO PEEL BACK THE LAYERS OF THE HUSK LIKE YOU WOULD FOR A BANANA UNTIL YOU EXPOSE THE KERNELS

REMOVE THE CORN HAIR AND DISCARD, PLACE ON A BAKING TRAY WITH PICKED THYME, SALT AND A SPLASH OF OLIVE OIL

ONCE YOUR CHICKEN IS DONE REMOVE AND WRAP IN FOIL TO REST FOR 15 MINS, PLACE THE CORN IN THE OVEN AT 180 DEGREES FOR 12 MINS

REMOVE THE FOIL FROM THE CHICKEN AND REMOVE FROM THE TRAY, PLATE UP THE ROASTED FENNEL AND ADD SOME RESERVED FENNEL FRONDS, POUR OFF THE COOKING JUICES AND REMOVE SOME OF THE FAT, POUR A LITTLE COOKING JUICE OVER THE CHICKEN TO GLAZE IT AND RESERVE THE REST AS GRAVY

PLATE UP THE CORN AND SERVE

CONT'D...

HINTS & TIPS

- DUE TO THE RELATIVELY SMALL SIZE OF STEAM/COMBI OVENS THEY TEND TO KEEP THE HEAT BETTER THAN LARGER OVENS THEREFORE REDUCING THE AMOUNT OF COOKING TIME
- AS WITH ANY OTHER ROAST REST THE CHICKEN, THIS WILL ENSURE SUCCULENT JUICY MEAT
- THE REMAINING ROASTED CARCASE AND BONES CAN BE PUT IN A POT JUST COVERED WITH WATER AND BROUGHT TO THE BOIL AND SIMMERED FOR AN HOUR AND USED AS CHICKEN STOCK FOR YOUR NEXT SOUP OR RISOTTO
- SERVE YOU ROASTS IN THE MIDDLE OF THE TABLE AND CARVE AT THE TABLE, EVERYONE LOVES THE LOOK AND SMELL OF A FULL ROAST BEING CARVED IN FRONT OF THEM
- SEPARATING THE SKIN FROM THE BREAST WILL GIVE YOU A NICE CRISPY FINISH, THE BUTTER HELPS FLAVOUR THE BREAST AND ALSO PROVIDES MOISTURE AS THE BREAST COOKS