

## CLASSIC ROAST CHICKEN

### EQUIPMENT

PARING KNIFE, CHEF KNIFE, BUTCHERS TWINE, WOODEN SPOON, TONGS,  
SHALLOW FRYPAN, PAPER TOWEL, FRYPAN

### INGREDIENTS

1 X 1.5KG CORN FED CHICKEN, 1 CARROT, 2 CELERY STICKS, 1 BROWN ONION,  
3 BAY LEAVES, 3 SPRIGS THYME, GROUND WHITE PEPPER, SEA SALT, EXTRA VIRGIN OLIVE OIL

### METHOD

PAT DRY THE SURFACE OF THE CHICKEN WITH PAPER TOWEL AND ALSO PAT DRY THE CAVITY.

USING A PARING KNIFE MAKE TWO SMALL CUTS TO EXPOSE THE WISH BONE, RUB THE FLESH AWAY FROM THE WISHBONE AND PULL IT AWAY FROM THE BREAST BONE THEN THE WINGS

WORKING FROM THE NECK END INSERT YOUR FINGER IN-BETWEEN THE SKIN AND FLESH OF THE CHICKEN TO LOOSEN THE SKIN. DO THE SAME FOR THE LEGS.

SEASON THE CAVITY OF THE CHICKEN WITH A LIBERAL AMOUNT OF GROUND WHITE PEPPER AND SALT

TRUSS THE CHICKEN WITH THE BUTCHERS TWINE AND SET ASIDE

DICE THE ONION, CARROT AND CELERY INTO 2CM CUBES AND MIX TOGETHER

PLACE THE FRYPAN OVER A MEDIUM HEAT ON THE STOVETOP AND ADD A SPLASH OF EVOO THEN ADD THE DICED VEGETABLES ALONG WITH THE BAY LEAF AND THYME SPRIGS, STIR WITH A WOODEN SPOON AND COOK UNTIL THE VEGETABLES BECOME FRAGRANT 2-3 MINUTES

REMOVE THE PAN FROM THE HEAT SEASON THE CHICKEN ON ALL SIDES WITH SALT AND PEPPER AND PLACE THE CHICKEN ON TOP OF THE VEGETABLES BREAST SIDE FACING UP

PLACE INTO A PRE-HEATED OVEN COMBI MODE 200°C FOR 12 MINUTES, AFTER THE 12 MINUTES HAS ELAPSED TURN THE TEMPERATURE DOWN TO 180°C AND COOK FOR A FURTHER 55 MINUTES

ONCE COOKED REMOVE FROM THE OVEN AND LET THE CHICKEN REST IN THE PAN

### THE NEXT FEW STEPS ARE OPTIONAL:

YOU AT THIS POINT CAN DISCARD THE VEGETABLES OR SERVE THEM WITH THE CHICKEN, STRAIN OFF THE JUICE AND SKIM THE FAT FROM THE STOCK AND MAKE A GRAVY WITH A ROUX

### HINTS & TIPS

- THE IDEA BEHIND THIS RECIPE IS TO SHOW HOW A CLASSIC ROAST CHICKEN IS DONE, THE VEGETABLE COMPONENT IS THERE TO ENHANCE THE FLAVOUR OF THE CHICKEN AND NOT NECESSARILY BE AN ACCOMPANIMENT TO THE DISH
- BY MAKING THE SKIN "LOOSE" AROUND THE CHICKEN WITH ENSURE THAT THE SKIN BECOMES CRISPY, IT'S IMPORTANT TO REMEMBER TO START WITH THE CHICKEN AT ROOM TEMPERATURE
- RATHER THAN MARINATE THE CHICKEN IN A MYRIAD OF HERBS AND SPICES SPEND YOUR MONEY ON A GOOD QUALITY CORN FED CHICKEN, SALT AND PEPPER WILL BE ALL YOU NEED FOR A DELICIOUS ROASTED BIRD
- THIS IS A CLASSIC THAT CHEF'S EAT AND PREPARE DAILY AND IS GENERALLY PREPARED FOR STAFF DINNERS AT RESTAURANTS ALL AROUND THE WORLD FOR A DELICIOUS DINNER TO KEEP THE TROOPS GOING