

View from the Fridge – Recipes from Brian Donkin

Recipe # 10 – Whole Roast Free Range Chicken

Preparation time: 15 minutes

Cooking time: 1 ½ hours

Ingredients

1 whole free-range chicken about 3lbs (5.75Kg)
1 tablespoon of flour
1 tablespoon olive oil
meat stock (see meat stock recipe)
salt and pepper

Method

1. Cut off chicken feet
2. Cut off wings (these can be saved for another time)
3. Make an incision into both breasts and poke the legs through the resultant holes – this saves using string (see picture below)
4. Season the chicken from the inside (if you season the chicken on the outside all you get is salty skin)
5. Heat pan, add olive oil then place chicken in pan, leg side down
6. Seal for 1 minute, then place in oven for 25 minutes at 190c
7. Then turn chicken onto other leg for a further 25 minutes
8. Then place on back for 25 minutes (see picture)
9. Remove from oven and put on plate, rest for 10 minutes before carving

