

CRUNCH TIME

Perfect Roast Chicken



Serve information: 1 serving dish with a Roast Chicken

INGREDIENTS:

1 Medium chicken, approx. 1.5kg, raw
1 "Prepared earlier" medium chicken, approx. 1.5kg, stuffed, trussed, roasted
100g Stale bread (3 slices)
1 Sprig parsley
2 Sprigs thyme
1 Small onion, cut into quarters
Salt
Pepper
50g Butter, softened
1 Lemon
2 Tbsp olive oil

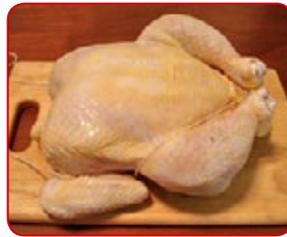
EQUIPMENT:

Citrus zester
Food processor
Kitchen hygiene gloves (optional)
1 metre of kitchen twine
Scissors
Citrus juicer
Basting brush
Roasting rack
Roasting dish
Oven mitts
Heat proof stand
Foil
Serving dish



METHOD:

1. Preheat oven to 180°C
2. To make the stuffing, break the bread into pieces. Finely grate the lemon
3. Place the bread, lemon rind, parsley leaves, thyme leaves from 1 sprig of thyme, and onion in a food processor. Process until you have fine bread crumbs and the onion is finely chopped
4. Season with salt and pepper and add the butter. Process again
5. Pack the stuffing into the chicken body cavity and fold over any loose skin to close



6. To truss the chicken, position the chicken breast-side-up with the legs facing you. Place the centre of the twine directly beneath the tailbone with the ends extending left and right
7. Lift the twine and cross over, making a figure 8 around the end of each leg. Pull tight so that the legs come together and tie a knot
8. Loop the twine around the front of the chicken over and under the breasts, pinning the wings to the breasts. Flip the chicken upside down so that the neck is now facing you, keeping the twine pulled tight
9. Tie a knot so that the twine stays secured underneath the neckbone
10. Trim any excess twine and flip the chicken onto its back again
11. To roast the chicken, squeeze the lemon juice
12. Brush the chicken with oil and pour over the lemon juice. Season with salt and pepper. Sprinkle the remaining thyme leaves over the chicken
13. Place the chicken on the roasting rack sitting inside the roasting dish
14. Bake in the preheated oven for one and a half hours
15. When cooked (take the "prepared earlier" roast chicken), remove chicken from oven, loosely cover chicken with foil and rest for 5-10 minutes to allow the juices to settle before carving or cutting into pieces

ADDITIONAL NOTES:

- 1 "Prepared earlier" medium chicken, approx. 1.5kg, stuffed, trussed, roasted
Cut onion into quarters



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