

# Fab Roast Chicken

Serves 4-6



## EQUIPMENT

chopping board, sharp knife or scissors, kitchen string, large roasting pan with rack, sheet of foil to cover

## INGREDIENTS

1 large, size 18, free-range chicken (organic if possible)  
 3 lemons  
 several sprigs lemon thyme  
 100ml (3½fl oz) olive oil  
 sea salt and freshly ground black pepper  
 2 heads garlic

*A favourite that for me is definitely in the 'last meal' category. Good chicken is a must, I cook a roast chicken every week. I hope you love this version.*

## METHOD

Buy the freshest, best quality chicken you can afford, free-range and/or organic

Remove the chicken from any plastic. Remove the neck and large pieces of fat from the neck. Rinse the chicken well under cold water and drain. Pat dry inside and out with paper towel. Place on a paper towel-lined plate, lightly cover and refrigerate.

For amazing crispy skin: pour boiling water over the chicken. You will see the skin plump up. Pat dry with paper towel.

Preheat the oven to 200°C (400°F). Place a rack inside a large baking dish.

Cut the lemons in half, place two halves inside the chicken with a couple of sprigs of thyme. Tuck the wings underneath and trim off the bottom section of the wing, if you like, using scissors. Tie the legs together firmly with kitchen string.

Rub the chicken all over with olive oil, using your hands. Sprinkle well with salt and pepper.

Place the chicken breast-side up onto the rack in the roasting pan. Cut the garlic heads through the centre, drizzle with a little oil and pop into the roasting pan along with the remaining lemon halves.

Roast for 1 hour then baste (just spoon over) with some of the juices and oil from the bottom of the pan. Roast a further 30-40 minutes. Test the chicken with the tip of a knife into the thickest section of the thigh. The juices should run clear.

Remove the chicken and set aside to rest, covering lightly with a sheet of foil.

The chicken is delicious served with gravy and any of the vegetable sides from the other sections of the book, especially roast potatoes and honey carrots.

## What went wrong

- *Not rinsing inside and out and patting dry the chicken before roasting: rinsing and drying makes crispy skin.*
- *Not placing chicken on a rack means that the chicken will stew in its juices rather than roast.*
- *Not tucking in the wings or trussing and tying the legs together (the chicken will cook unevenly and get burnt and dried out on the wings and legs).*
- *Lack of seasoning and too-low temperature encourages stewing and lack of moisture.*
- *Undercooking so the chicken is pink around the bones or overcooking so meat is dry and flavourless and may cause food poisoning.*

