



Thinking of you  
**Electrolux**



RECIPES by  
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## MAIN COURSE

### OVEN ROASTED CHICKEN INASAL

According to Mang Enteng, the King of Inasal in Bacolod, the secret to a good inasal is basting sauce made with rendered chicken fat. But if that's too much cholesterol for you, any oil will do. I think oil is the perfect medium to take on flavor. You can enhance it with almost anything and that's why I love using a lot of oil-based mixtures.

#### PROCEDURE

In a small saucepan, combine annatto seeds and oil; warm the mixture using your Electrolux cooking range but do not boil. The seeds should just bubble. If the oil gets too hot, the seeds will burn. Let this sit for at least 1 hour in a warm place so the color gets deeper. Wash the chicken in running water then pat-dry with clean cloth. In a re-sealable plastic bag, put the garlic, onions, beer, lime and orange juices. Give it a good shake and set aside.

Rub the inside of the chicken with sugar, salt, and pepper. This will help break down some of the proteins in the meat.

Stuff the cavity with lemongrass; go crazy and if the stalks stick out the back side, it's cool! Place the chicken in the bag with the marinade and chill in your Electrolux refrigerator for at least 4 hours before roasting.

Preheat your Electrolux oven to 350°F. Place the chicken on a roasting rack then baste with the strained annatto oil. It will take about 1 hour and 15 minutes. Don't be shy to use some of the pan juices that will drip from the chicken for basting.

To serve, cut the chicken into parts and serve with your favorite sauce.

#### INGREDIENTS

1/2 cup	Annatto (atsujete) seeds
1/4 cup	Oil
500 g	Whole chicken
2 cloves	Garlic, crushed
1 pc	Onion, sliced
1 cup	Beer or lemon soda
1 tbsp	Lime juice
1 tbsp	Orange juice
	Salt, pepper, and sugar
3 stalks	Lemongrass, crushed

