

Spanish Oven Roasted Chicken

Ingredients

1 whole chicken, cut up
3 tablespoons olive oil
1 (8 ounce) can tomato sauce
1/3 cup red wine vinegar
1/3 cup medium sherry (spanish if you can find it)
1/2 onion, cut in chunks
5 cloves garlic, crushed
1 tablespoon flat leaf parsley, finely chopped
6 bay leaves
1/3 cup butter

Method

Step 1

Cover the bottom of a large roasting tray, with the olive oil.

Step 2

Place cut up chicken in pan skin side up.

Step 3

Place a bay leaf and chunk of onion under each piece of chicken.

Step 4

Dot chicken with butter pieces.

Step 5

Mix together tomato sauce, wine vinegar, sherry and crushed garlic.

Step 6

Pour mixture over chicken and sprinkle parsley on chicken.

Step 7

Bake uncovered at 180c degrees until chicken is cooked through, baste frequently.

THE
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

www.facebook.com/secretjozichef