

# GOLDEN ROAST CHICKEN

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## INGREDIENTS

### THE BIRD

1.75 - 2 kg whole chicken, patted dry  
Salt and pepper  
2 tsp olive oil  
1 lemon, quartered  
3 rosemary sprigs

### THE BIRDS RUB:

100 g, melted  
3 garlic cloves, minced  
1 tbsp sage, finely chopped  
2 tsp rosemary, finely chopped  
1 tbsp parsley, finely chopped  
1/2 tsp each salt and black pepper

### THE BIRDS BED:

1 cup / 250 ml dry white wine, or low sodium

## METHOD

### Step 1

Take the chicken out of the fridge 30 minutes before cooking.

### Step 2

Preheat oven to 220C/450F (standard) or 200C/430F (fan/convection). Put shelf in the middle.

### STEP 3

Mix together Butter ingredients. Add juice from 2 wedges of lemon.

### STEP 4

Place chicken in a roasting pan. Use a dessert spoon to loosen skin from chicken. Do the top (the breast) and the drumsticks – not the underside.

### STEP 5

Prop chicken upright, drizzle butter under skin, using most of the garlic/herb sludge, but saving a bit of butter for the skin (Note 3).

### STEP 6

Drizzle / smear remaining butter all over surface of the chicken. Squeeze over juice of 2 lemon wedges.

### STEP 7

Stuff used lemon wedges and rosemary inside chicken.

Tie drumstick ends with string and tuck wing tips under the chicken.

Sprinkle all over with salt and pepper.

### STEP 8

Place onion and garlic in the pan, place chicken on top. Pour wine around, drizzle chicken with oil.

### STEP 9

Transfer to oven. Roast for 10 minutes, then turn oven down to 180C/350F (all oven types). Roast for a further 1 hr 15 minutes, or until the internal temperature is 75C/165F or until juices run clear when pierced at the join between the drumstick and the body.

### STEP 10

Baste twice (30 min then at 1 hr), spooning pan juices over skin. Rest for 15 minutes – don't cover, skin becomes wet.

Serve with pan juices (see video for how to carve). I discard onion but use the garlic in the pan.

# THE COOKERY

by The Secret Jozi Chef