

GOLDEN ROAST CHICKEN

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