

ROAST CHICKEN & ROSEMARY ANCHOVY BUTTER

1 lemon, cut into wedges
1 onion, cut into wedges
2 garlic cloves
4 sprigs rosemary
1 free-range chicken, around 1.5kg
300ml white wine
2tbsp cornflour mixed with 2tbsp cold water
For The Anchovy Butter: 125g butter
2tbsp fresh parsley, chopped
2tbsp rosemary leaves
2 garlic cloves
50g tin anchovies in oil, drained
Zest and juice ½ lemon

To make the anchovy butter, put the butter into a heatproof bowl and microwave on high for 10 seconds, to soften slightly. Put the parsley, rosemary and garlic in a processor and whizz to finely chop. Add the anchovies, lemon zest and juice and whizz to combine. Add the butter and blend again.

Heat the oven to 200 C. Push the lemon and onion wedges, garlic and rosemary inside the chicken cavity.

Lift up the loose chicken skin at the neck, and ease your fingers between the skin and chicken breast. Spoon in half the anchovy butter. Tuck the loose skin under the wing tips, to secure.

Put the chicken into a roasting tin, and rub the rest of the anchovy butter over the top and sides. Pour in 450ml water and roast for 45 minutes. Baste, add the wine and roast for a further 30 minutes. Insert a skewer into the thickest part of the chicken – it's ready when the juices run clear. Put the chicken onto a serving plate and cover with foil to rest.

To make the gravy, put the roasting tin directly onto the hob and heat with the cornflour mixture. Whisk to thicken, directly on hob. Carve the chicken and serve with the gravy and vegetables.

THE COOKERY

by The Secret Jozi Chef

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