



# PERFECT ROAST CHICKEN

by St Brides Poultry

## Ingredients

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- 1.5 – 2kg free-range chicken with giblets
- 2 carrots
- 1 onion
- 2 sticks celery
- A glass of white wine

### Garlic butter rub:

- 125g butter
- 2 garlic cloves, crushed
- 1 tablespoon parsley, chopped
- 1 teaspoon thyme leaves, chopped
- $\frac{3}{4}$  teaspoon curry powder (it will not give a predominant curry taste)
- 1 chicken stock cube
- Salt and pepper
- Grated rind of a lemon

### For cavity:

- 50g butter
- 1 garlic head, halved
- Half the lemon that was grated
- Thyme / rosemary / sage sprigs





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LANARKSHIRE  
LARDER

## Directions

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- Preheat oven to 200C
- To make a stock, remove giblets (not liver, save this in freezer and keep to make pâté, if cooked for stock it can give a bitter taste) and pop into a pot of water with some roughly chopped carrot, onion and celery. Bring to boil and simmer whilst the chicken cooks. Once cooked, strain and set aside. If you prefer a thickened stock, mix a tablespoon cornflour with enough cold water to make a paste then stir into boiling stock until thickened.
- Mix all the garlic butter ingredients together and rub under the skin and all over the bird. Place the cavity ingredients inside the chicken, and place the chicken breast-side-down in a roasting tray with a rack (or scrunch up some tin foil) to protect the breast from contact with the base of roasting dish.
- Roast for 20 minutes then turn the oven down to 180C. Continue roasting for a further 40 minutes.
- Remove the chicken from the oven and turn it over to brown the breast.
- After 20 minutes remove from the oven (you will have roasted the bird for 1 hour 20 minutes).
- Place the chicken breast-side-down to rest for 20 minutes.





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- To make gravy: Remove the rack or foil from the roasting tin and put the tin on top of the stove on a high heat. Use the white wine to deglaze the pan, scraping up all the tasty bits off the bottom of the roasting dish.
- Once the alcohol has reduced to about a tablespoon, add the strained stock. Reduce for a few minutes then strain into a pot. If you have a fat separator jug use that to remove any fat; if not skim off any fat. Adjust seasoning with salt and pepper.
- Served with your choice of roast veggies. In the summer forgo the gravy and allow to cool to room temperature and serve with salad.

