

# ***I Am Food: Eating Your Way to Health***

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## **Roast Chicken**

**Free recipe from *I Am Food* by Anthia Koullouros, Roast Chicken, page 178.**

Long, slow cooking results in crisp, succulent chicken that falls off the bone. Chew all the cartilage between the joints and eat the giblets for extra nutrition.



**Serves 4–6**

**PREP TIME:** 15 minutes

**COOKING TIME:** about 3 hours

2 tomatoes, cut into quarters

2 leeks, thickly sliced or 1 large onion, cut into quarters

2 carrots, thickly sliced

2 celery stalks, thickly sliced

1 bulb garlic

1.5 kg chicken

1/2 lemon

2 tablespoons duck fat or olive oil

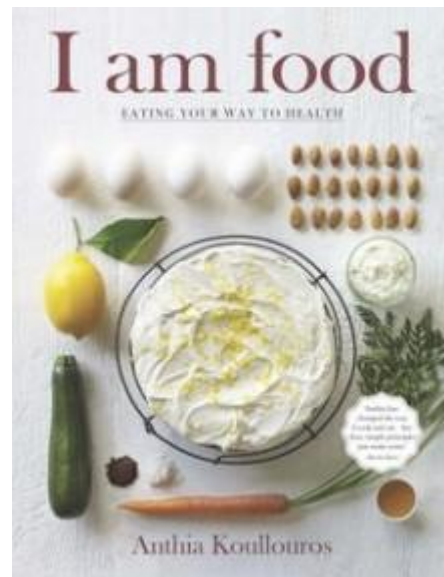
natural salt

40 g butter, softened

1–2 tablespoons Provincial Herb & Spice Blend or dried rosemary, thyme and sage, to taste

3 tablespoons finely chopped flat-leaf parsley (optional)

Leafy greens and herb salad (see page 115), to serve



## **Gravy**

80 g butter

juice of 1/2 lemon

natural salt and freshly cracked pepper

1. Preheat the oven to 220°C (fan-forced). Place all the vegetables in a baking dish or roasting tin and roughly toss to combine.
2. Wash the chicken inside and out and pat dry with paper towel, then rub lemon all over the skin, followed by the duck fat or olive oil. Rub some salt in the cavity. Gently spread the butter between the skin and breast meat and massage it in, taking care not to tear the skin. Place the chicken on the vegetables, breast-side up or down, and sprinkle with the spice blend.
3. Reduce the oven temperature to 120°C and roast for about 2 hours or until the chicken is golden brown. Remove from the oven and baste well with all the lovely juices. Turn the chicken over and put it back in the oven for another hour or so, to achieve golden brown skin on the other side. Check that the chicken is cooked by piercing the thickest part with a large fork – the juices should run clear. If they are still a bit pink, cook for another 15 minutes and check again.
4. Transfer the chicken and vegetables (except the garlic) to a platter and cover with baking paper and foil to keep warm.
5. To make the gravy, pour the pan juices into a small saucepan. Squeeze the soft flesh from the garlic cloves into the pan, discarding the skins. Bring the gravy to a simmer, then strain into a clean saucepan and stir in the butter and lemon juice. Taste and season if needed.
6. Pour the gravy over the chicken. Sprinkle with chopped parsley, if liked, and serve with the roast vegetables and salad.

## **STUFFING!**

This is my recipe using an organic stuffing blend we make at Ovvio. Finely dice a red onion and gently saute in 60 g butter or 3 tablespoons olive oil until soft and transparent. Tip into a bowl, along with the excess butter or oil, and mix with 1 cup (100 g) Roast Chicken Stuffing Blend (a mixture of breadcrumbs, sage, thyme and garlic). Remove the skin from 400 g pork or chicken sausages and add to the bowl. Mix well with your hands, then stuff into the chicken cavity before roasting.

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