



## What's cooking today:

# Roast Chicken

This roast chicken is a family favourite of ours. The lemon adds a subtle hint of flavor and moisture during cooking, enhancing the taste of the chicken meat. A long, slow cook is recommended for all Isle of Skye Free Range chickens in order to produce tender and juicy meat at the end of cooking. Giblets roasting in the pan during cooking make the most tasty gravy.

### Ingredients:

- 1 large Isle of Skye Free Range Chicken
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 lemon
- 1 tbsp cornflour
- salt
- pepper

### Method:

1. Pre-heat oven to 150°C
2. Place chicken on a rack in a roasting pan, remove giblets from chicken cavity and place in pan beside the chicken
3. Pierce lemon in several places to help release juice and then place inside the cavity of the chicken
4. Sprinkle the chicken with herbs, salt and pepper
5. Add enough water to the pan to cover the base approximately 1cm deep
6. Cover with tin foil or roasting pan lid and cook for 2.5 – 3 hours checking towards the end of cooking that juices run clear
7. Uncover during last 20 minutes of cook to brown the chicken
8. To make the gravy – drain the juices from the pan removing the giblets and skim off any fat.
9. Place the juices in a pan, bring to the boil and thicken with cornflour mixed to a paste with water, season to taste with salt and pepper
10. Serve with roast potatoes and fresh seasonal vegetables