



Free range Roasted black chicken with lemon and thyme and rustic gravy. Rosemary roasted new potatoes, honeyed roast carrots and parsnips.

For 4 persons

Ingredients

For the chicken

1 black chicken of 1+1/2 kg (We recommend our butcher, H.E Tidiman on Broadway Market)
1 lemon
1 head of garlic
1 bunch of thyme
2 medium carrots peeled and roughly chopped
2 stick of celery roughly chopped
2 medium onions peeled and roughly chopped
Vegetable oil
Sea salt

For the potatoes

12 medium size new potatoes, washed
3 stick of rosemary
1 head of garlic
Salt/pepper
Vegetable oil

For carrots and parsnip

4 big parsnips peeled and cut in 4 length way
8 medium carrots peeled and cut in half length way
Thyme
4 Tsp of organic honey
Salt/pepper/oil

The chicken

1 Pre-heat your oven at 185°C

2 Drizzle with vegetable oil a roasting tray, put inside the chopped carrots/onions/celery, the garlic cut in half (with skin on).

Frizzante



3 Place the chicken on the top. Stuff the chicken cavity with 1/3 of the thyme and the lemon cut in 4. Drizzle the chicken with oil and sea salt.

4 Put in the oven for 1 hour and a half more or less depending on your oven and the chicken size. When ready, the chicken skin should be brown and slightly crispy.

The potatoes

In the same time, pre-boiled the new potatoes in a large sauce pan with water and salt, remove and cool down under running cold water when slightly under cook. Set aside.

The gravy

1 When ready, remove the chicken from the oven. Remove the chicken from the tray and place in a new one, cover with foil and a warm wet tea towel. It helps keep the chicken moist while doing the gravy and the vegetables.

2 pour the carrots/celery/onions and the chicken juice in a large sauce pan (2/3 litres). Add 1 litre of water, 2 chicken cubes, or 500ml of good chicken stock, 300ml of tomato passata.

3 boil until reduce half, blend and taste for seasoning; add salt and pepper in needed.

The vegetables

In the same time as doing the gravy

1 In a large roasting tray, put all carrots and parsnips

2 Add vegetable oil, 4 Tsp of honey, the rest of the thyme, salt and pepper.

3 Roast at 185°C for 45 min

4 When ready, carrots and parsnip should be slightly burn.

The potatoes

1 Place the pre-cooked potatoes in a large tray with oil, rosemary, garlic cut in half, salt and pepper

2 roast at 185°C for 1 hour more or less, until nice and brown.

Serve on a chopping board the roast chicken, the potatoes and vegetable and gravy. Drizzle with olive oil and add fresh thyme.