

Roast Chicken Recipe

Ingredients: Serves 4-6

1 chicken, weighing 4½-5lb (2-2.5kg)

Extra-virgin olive oil for coating

Salt and freshly ground pepper (can be black or white according to preference)

½ small yellow onion, cut into chunks

4 or 5 fresh flat-leaf parsley sprigs

4 large fresh thyme sprigs

Method:

Clean and remove any pockets of fat from the chicken cavity. Rinse the chicken and pat dry with paper towels. Brush or rub the chicken all over with olive oil, and season inside and out with salt and pepper. Place the onion, parsley sprigs and thyme in the chicken cavity. Tuck the wing tips neatly under the back and tie the legs together with kitchen string. Oil a roasting rack and place it on the roasting pan just large enough to hold the chicken. Place the chicken on the rack and allow to stand at room temperature for 30 minutes. Position an oven rack in the lower third of the oven and preheat to 260°C and roast the chicken until a thermometer inserted into the thickest part of a thigh away from the bone registers 77°-80°C, approximately 50-60 minutes. Remove the pan from the oven. Slip the handle of a long wooden spoon or a pair of tongs in the chicken cavity and carefully tip the bird, draining the liquid from the cavity into the pan. Transfer the chicken to a platter or carving board, remove the string, and tent with aluminum foil. Let the bird rest for 10-15 minutes before discarding the contents of the cavity, then carve the chicken and serve.

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