

# SEASONED ROAST CHICKEN + WHITE WINE GRAVY

6

**SERVES**

 **EASY**

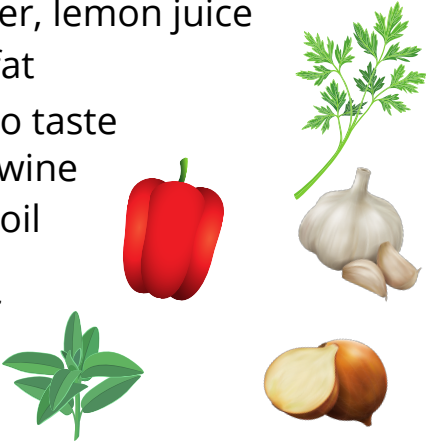


**TIME**

20mins prep time  
90mins cook time  
110mins total time

**INGREDIENTS**

1 large chicken (about 2kg) washed with water, lemon juice and trimmed of fat  
salt and pepper to taste  
425ml dry white wine  
1 tbsp vegetable oil  
2 garlic cloves  
1 red bell pepper  
1 onion  
fresh parsley  
fresh sage



**UTENSILS**

Cooking spoon  
Saucepan  
Non-stick oven dish (L)  
Chopping board  
Side bowl (S)  
Whisk  
Metal skewer  
Knife  
Foil



**IMPORTANT NOTE**

If your chicken is a different size, you can check timings by allowing 20mins per 500g, plus an extra 20mins.

**PAIRING DRINKS**

Beer or Ale  
Dry Cider  
Pinot Noir  
Dry Riesling  
Chenin Blanc  
Sauvignon Blanc  
Champagne



**AWESOME TIPS**

**Taste the flavours** by seasoning the chicken a few hours before cooking or even overnight!

**Beer-pan chicken** by swapping the white wine for Beer, Ale or Cider!



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**STEP 1**

Prepare the seasoning mixture in the side bowl and chop up garlic, bell pepper, ½ onion into the side bowl with shredded parsley and vegetable oil.

Preheat your oven to 200°C / fan 180°C / gas mark 6.

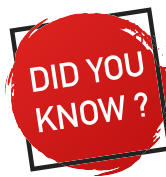
Take the chicken, loosen the skin by sliding your hand between the skin and the flesh (take care, it will tear easily) and slide the seasoning under the skin. Go one step further by making small deep cuts into the chicken, and push the seasoning into each cut.

Add the other half of the onion inside the chicken cavity, place the chicken on the oven dish, loosely cover with foil and put inside the oven for 25 minutes.



**STEP 2**

After this, take the foil off and turn the oven down to 170°C/150°C fan/gas 3½ and cook for a further 55 minutes, occasionally basting with a cooking spoon to keep the skin moist.

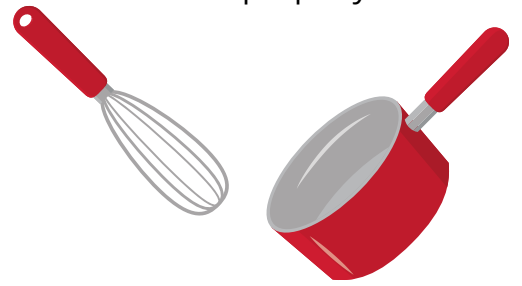


**Basting** = the process of moistening the surface of roasting meat, poultry, or other foods to add more flavour and avoids the roast from drying out.

**STEP 3**

Check if it's cooked by piercing the thickest part of the thigh with a metal skewer - the juices should run clear and the skewer should come out piping hot when lightly touched to the back of your wrist. **BE CAREFUL**

Remove the chicken from the oven and leave to rest in a warm place for 15 minutes. It's really important to let it rest properly!

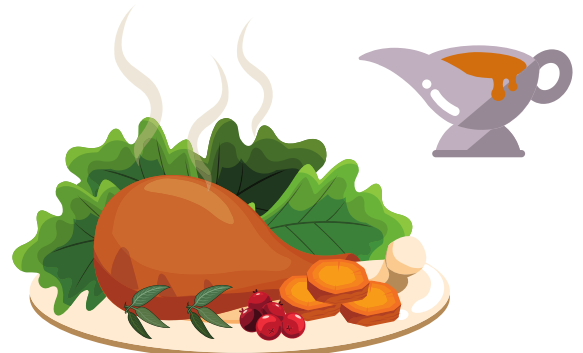


**STEP 4**

Meanwhile, add the chicken juices and a few sage leaves into a saucepan over a high heat, pour in white wine, whisk and bring to the boil.

Turn the heat down to medium and let the gravy reduce until its half its original volume which will take about 5-10 minutes. Add salt and pepper to taste.

Serve up with the gravy and your favourite side veggies!



Carve right in!