

SWEET N SPICY ROAST CHICKEN

4

SERVES

✓ EASY

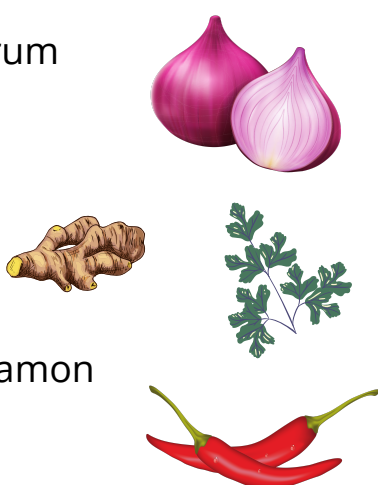


TIME

15mins prep time
90mins cook time
105mins total time

INGREDIENTS

1 medium chicken (1.5kg)
washed with water, lemon juice
and trimmed of fat
425ml dark spiced rum
1 ½ lime
1 tbsp vegetable oil
2 garlic cloves
1 chilli pepper
1 red onion
1 tbsp brown sugar
½ tbsp ground cinnamon
½ fresh ginger
fresh thyme
½ tbsp salt
½ tbsp pepper



UTENSILS



Cooking brush
1 Cooking spoon
Non-stick oven dish (L)
Chopping board
2 Side bowls (S)
Knife
Metal skewer
Foil



PLEASE NOTE:

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

PAIRING DRINKS

Rum
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!

STEP 1

Prepare the basing sauce by combining lime juice, rum, and brown sugar into the side bowl with some thyme and set aside for later.

Preheat your oven to 200'c /fan 180'c / gas mark 6.



STEP 2

Prepare in the separate bowl the marinade mixture by combining garlic, ½ red onion, chilli, clove, cinnamon, ginger, pepper, salt, thyme and vegetable oil.

Take the chicken and brush it all over with the marinade. Go one step further by making small deep cuts into the skin, and push the marinade into each cut.

Place the other half of the red onion inside the chicken cavity, add the chicken to the oven dish, loosley covef with foil and put inside the oven for 25 minutes.

STEP 3

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 spooning the reserved basting sauce to keep the skin moist.



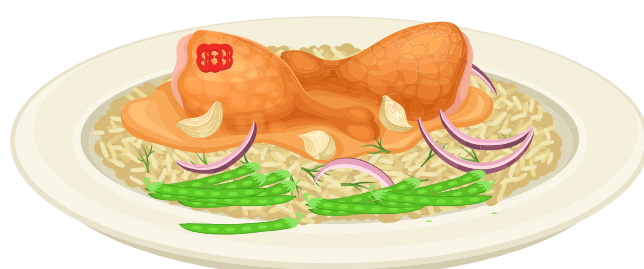
Basting = the process of moistening the surface of roasting meat, poultry, or other foods to add more flavour and avoids the roast from drying out.

STEP 4

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!

Add salt and pepper to taste and serve up with some rice and your favourite side veggies!



Carve right in!

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