

Perfect Roast Chicken

Recipe recommended by Rebecca Szczypka
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	440kj	5%
Energy (kcal)	105kcal	5%
Fat	5.5g	8%
of which saturates	1.6g	8%
Carbohydrate	1.5g	1%
of which sugars	1.5g	2%
Fibre	0g	0%
Protein	12g	24%
Salt	1g	17%

Generated by Nutritics v5.61

INGREDIENTS: (Serves 6, 105 kcal per 100g serving)

- 1x Medium roast chicken
- 500g Buttermilk (**MILK**)
- Salt

Notes:
3 days marinade. This is a recipe you should plan for as you will get best results taking time for each stage.

The size and weight of the chicken isn't important for this recipe. The cooking time will be based on sight and feel which is really easy once you know what to look for.

METHOD:

1. On your work surface, or over sink, season your chicken inside and out with table salt. You need to be generous and give it a good dusting – the work surface should have a light coating once you're done. Place the chicken into a zip lock large enough to hold it and leave in fridge overnight. The salt will start to break down the proteins inside the chicken and help create a very tender, moist chicken.
2. Keep the chicken inside the zip lock but drain away any liquid that has formed. Add the buttermilk to the bag to cover the chicken, ensure to cover well. Place back inside fridge and marinade overnight. Occasionally turn the bag.
3. Remove the chicken the next day approximately an hour before cooking. Meanwhile – preheat the oven to 200c/gas 6. Place chicken into a roasting pan and into the oven. It will take between 1 – 1.5hrs to cook but turn the oven down to 180c/gas 4 after about 20 minutes – it should already be super brown. Turn the chicken for even browning.
4. Check the chicken after an hour, when cooked the skin on the leg will have shrunk, usually exposing a little bone and the leg will become floppy. You can turn the chicken over for 10 minutes at the end of cooking to crisp the underside (nb: this will affect the crispness of the skin).

ALLERGENS



MILK

MODIFY

Cook upside down for the first 10minutes instead

Stuff the chicken cavity with lemon before cooking

CREDIT

Recipe and Photo by: Rebecca Szczypka

