

SARAH WILLISONS CRISPY ROAST CHICKEN

INGREDIENTS:

1 chicken, room temperature
1 onion, thinly sliced (keeping the end cuts)
1 whole head garlic, chopped in quarters
1 tablespoon butter
sprigs thyme or oregano
sea salt and pepper
2 lemons, halved
½ cup chicken stock, vermouth or dry white wine



METHOD

- Preheat the oven to 200 C. Toss onion and garlic (cut side down) in a roasting pan.
- With a sharp pair of kitchen scissors and cut the chicken in half down either side of the backbone (the chunkier, bonier “spine”, not the smoother breast bone) and snap/cut the wings at the end joint and remove. Also cut off any chunky bits of fat.
- Plonk the spine, wingettes and excess fat in a big stockpot with the onion end cuts and set aside.
- Pat down the chicken, inside and out, with paper toweling to ensure it’s dry.
- Now, this is the fun bit: using your fingers and working from the chicken’s bum end, pull the skin from the breast and slide your fingers all the way up. Poke half the butter and some of the herbs up under the skin. Rub the chicken on both sides with lemon juice, and rub down with salt and pepper and herbs. Splay the chook over the onion, placing the squeezed lemon halves underneath and sprinkle little chunks of the remaining butter over the top. Cook in the oven for 45 minutes.
- At 15 and 30 minutes, baste with the juices from the pan. The chook will be ready when you poke a drumstick with a skewer and the juices run clear, not pink.
- Remove the chook to a serving dish, along with the garlic and lemon, cover and leave in the still-warm oven. Place the pan over heat and deglaze with the stock/wine/vermouth and bring to a boil, scraping the onions and fatty bits. Add a little more liquid if you like and reduce. You can strain the sauce (I prefer not to), and serve with the chicken, sweet potato casserole and some steamed greens.

<http://www.sarahwilson.com/2013/04/my-crispy-roast-chicken-5-reasons-why-its-the-smartest-way-to-eat-a-chook/>