

Roast Chicken, Yorkshire Puddings, Root Mash & Roast Potatoes



Ingredients

- 1 chicken
- 1 onion, chopped
- 500g potatoes peeled and chopped
- 4 carrots, chopped
- 1 lemon (reserve zest)
 - 4 tbsp butter
- 2 cloves garlic minced
- 2 tsp rosemary
- 2 tsp thyme
- 2 tsp salt
- 1 tsp pepper

Methods

How to slow cook

1. Put the onions, potatoes and carrots in the bottom of the slow cooker. Season with salt and pepper.
2. Zest the lemon and put the zest aside.
3. Quarter the lemon, and place in the cavity of the chicken.
4. Sit the chicken on top of vegetables.
5. In a small bowl, mix the softened butter, garlic, rosemary, thyme, and lemon zest. Season with salt and pepper.
6. Use your hands to coat the chicken in the butter mixture.
7. Season with additional salt and pepper.
8. Cook chicken on low for 6-8 hours. Or high for 4-6 hrs. The cooking time depends on how large your chicken is. Cook until the juices run clear.
9. Take the chicken out of the slow cooker and place it and the veg in a baking pan.
10. Sprinkle the reserved zest over the chicken skin and potatoes.
11. Brown the chicken in a hot oven for 10 minutes or until the skin is brown and crispy.
12. Save 600g of the chicken to use in the satay later in the week.

How to cook in the oven

1. Put the onions, potatoes, and carrots into a large roasting tray. Season with salt and pepper.
2. Zest the lemon and put the zest aside.
3. Quarter lemon, and place in the cavity.
4. Sit the chicken on top of vegetables.
5. In a small bowl, mix the butter, garlic, rosemary, thyme, and lemon zest. Season with salt and pepper.
6. Use your hands to coat the chicken in the butter mixture.
7. Season with additional salt and pepper.
8. Sprinkle the reserved zest over the chicken skin and potatoes.
9. Cover the baking tray with foil and tightly seal it.
10. Cook in the oven for 1 hour at 200c.
11. Remove the foil, baste the chicken with the juices from the tray and put back in the oven uncovered for a further 20 minutes.
12. Save 600g of the chicken to use in the satay later in the week.

Ingredients for the gravy

- 2 tbsp plain flour

Making the gravy

1. Remove the chicken and potatoes from the tray and set aside.
2. Mash down the carrots and onions into the juices in the tray.
3. Put the tray on the stove top over a medium heat (or transfer to a frying pan or wide bottomed pot) and stir in the flour.
4. Keep stirring and add some boiling water until you get a thick smooth gravy. How much water will depend on how much juice came from your chicken.

Ingredients for the Yorkshire puddings

- 3 Eggs
- 500ml milk
- 2 tbsp oil
- 120g plain flour
- Pinch salt and pepper

Making the Yorkshire puddings

1. Crack the eggs into a bowl and add the flour and the milk and mix until you can start to see bubbles. An electric whisk is easier and quicker, but you can do it by hand.
2. If you can, make this batter well in advance and chill - overnight is great.
3. Heat up your pan, then add the oil.
4. Put the pan back in the oven until the oil is smoking hot.
5. Give the batter a quick stir and pour it into the tray - it should start to cook and sizzle immediately. Place it on the top shelf of the oven.
6. Now here comes the contentious bit, after 10 minutes open the oven door to let steam escape, only for a couple of seconds.
7. Shut the door and continue to cook until well risen and golden. It should take around another 15 minutes.

Ingredients for the root mash

- 2 carrots, sliced
- 2 parsnips, sliced
- 1/2 swede, diced
- 2 potatoes, diced
- 2 tbsp butter
- Salt and pepper to taste

Making the root mash

1. Add all the veg to a pot of cold water.
2. Bring to the boil.
3. Reduce heat and simmer for 15 minutes until soft.
4. Mash the veg.
5. Add in butter and stir well.
6. Add in salt and pepper to taste.

Tip: Remember to save 600g of the chicken to use in the satay later in the week.