

Roast Chicken, Root Mash, Roast Potatoes

Ingredients

For the filling:

- 1 whole chicken
- 1 chopped onion
- 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

For the gravy:

- 2 tbsp plain flour

For the root mash:

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

For the roast potatoes:

- 800g potatoes
- 1 tbsp vegetable oil
 - 1 tbsp flour
 - 1 tsp salt
 - 1 tsp pepper

Methods

To slow cook:

1. Place onions, potatoes, and carrots in the bottom of the slow cooker. Season with salt and pepper.
2. Zest the lemon and set the zest aside. Quarter the lemon and place it in the chicken cavity.
3. Set the chicken on top of the vegetables.
4. In a small bowl, mix softened butter, garlic, rosemary, thyme, and lemon zest. Season with salt and pepper.
5. Coat the chicken with the butter mixture using your hands. Season with additional salt and pepper.
6. Cook the chicken on low for 6-8 hours or on high for 4-6 hours, depending on the chicken's size. Cook until the juices run clear.
7. Transfer the chicken and vegetables to a baking pan. Sprinkle the reserved zest over the chicken skin and potatoes.
8. Brown the chicken in a hot oven for 10 minutes or until the skin is brown and crispy.
9. Save 600g of the chicken for later use.

To oven cook:

1. Place onions, potatoes, and carrots in a large roasting tray. Season with salt and pepper.
2. Zest the lemon and set the zest aside. Quarter the lemon and place it in the chicken cavity.
3. Set the chicken on top of the vegetables.
4. In a small bowl, mix butter, garlic, rosemary, thyme, and lemon zest. Season with salt and pepper.
5. Coat the chicken with the butter mixture using your hands. Season with additional salt and pepper.
6. Sprinkle the reserved zest over the chicken skin and potatoes.
7. Cover the baking tray with foil and tightly seal it.
8. Cook in the oven for 1 hour at 200°C.
9. Remove the foil, baste the chicken with the tray juices, and return to the oven uncovered for an additional 20 minutes.

Let's make the gravy:

1. Remove the chicken and potatoes from the tray and set aside.
2. Mash the carrots and onions into the tray juices.
3. Place the tray on the stove top over medium heat (or transfer to a frying pan or wide-bottomed pot).
4. Stir in the flour.
5. Keep stirring and gradually add boiling water until you achieve a thick, smooth gravy. The amount of water will depend on the chicken's juice.

Let's make the root mash:

1. Add all the vegetables to a pot of cold water.
2. Bring to a boil.
3. Reduce heat and simmer for 15 minutes until soft.
4. Mash the vegetables.
5. Stir in butter and season with salt and pepper.

Let's make the roast potatoes:

1. Put the potatoes in a pot with salted cold water and bring to a boil.
2. Meanwhile, place oil on a roasting tray and heat in a hot oven.
3. Reduce heat and simmer the potatoes for 5 minutes.
4. Drain the potatoes and roughen the edges by bashing them around in a colander.
5. Sprinkle flour over the potatoes and shake to ensure good coverage.
6. When the oil is hot, add salt and pepper to it.
7. Carefully add the potatoes – be cautious as it may splatter.
8. Stir the potatoes to ensure they are covered in oil.
9. Put in the oven at 200°C or gas mark 6 for 30–40 minutes.