

Roast Chicken



Ingredients:

- 1 chicken
- 50 gms butter
- 1 tsp garlic powder
- 1 tsp ginger powder
- 1 tbsp cajun powder
- 1 chicken stock cube
- 1 tsp sugar
- 1 rosemary sprig
- 1 garlic bulb
- 1 cup white wine or apple juice

Method:

1. Do not wash raw chicken but scrape clean with a knife.
2. Run a knife through the breast to open up the chicken.
3. Melt the butter in a pan then add all powders, crumbled stock cube and sugar.
4. Mix spices well and then use to coat the chicken inside and out.
5. Preheat oven to 200 degrees for 10 minutes.
6. Pour the wine or apple juice into a roasting pan.
7. Cut garlic into half and place inside the chicken with the rosemary.
8. Place a rack in the pan to place the chicken on so that it doesn't sit in the liquid.
9. Roasting time depends upon size of chicken so follow instructions on the label.
10. Once cooked, let the chicken rest for 20 minutes before cutting.
11. To make gravy, spoon the juices from the pan and season with salt.
12. Boil the stock adding some water if there is insufficient stock.
13. Add a little flour to thicken as needed before serving.

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