

French Roast Chicken

Roast garlic 'flowers' with the chicken, allowing 1 garlic head per person. Slice off the tops, place cut-side up in a single layer in an oiled ovenproof dish and drizzle 1 tablespoon extra-virgin olive oil over each. Place in the oven for the last 50 minutes of the roasting time and baste after 25 minutes. To eat, squeeze the softened flesh out of the skins.

1 x 2 kg/4 lb oven-ready chicken, giblets removed

1 bunch of fresh mixed herbs (such as tarragon, parsley, rosemary, thyme)

1 garlic clove, quartered

75 g/3 oz butter

300 ml/½ pint Giblet Stock (see page 9)

125 ml/4 fl oz dry white wine

salt and pepper

1 Wash and dry the chicken cavity, insert the herbs and garlic and season to taste. Truss the chicken, spread it with butter and sprinkle with pepper. Place on its side in a close-fitting roasting tin. Pour half the stock around it.

2 Roast in a preheated oven, 200°C (400°F), Gas Mark 6, for 1 hour 40 minutes or until tender. Turn over every 25 minutes, first on its breast, then on its other side, and finally on its back. Baste well each time it is turned.

3 Remove the chicken, cover with foil and set aside to rest in a warm place.

4 Pour off most of the fat, set the tin on top of the stove and add the wine and remaining stock. Bring to the boil, scraping the sediment from the tin. Simmer, stirring, until the sauce is reduced and thickened. Check seasoning.

5 Discard the trussing string, carve the chicken and arrange on warmed dinner plates with the sauce spooned over.

Serves 4

Preparation time: 20 minutes

Cooking time: 1 hour 40 minutes

Oven temperature: 200°C (400°F), Gas Mark 6

