

## Plain and Simple Roast Chicken



With all of the publicity that free range chicken has been gaining in the past 18 months you'd be forgiven for thinking it was a new and innovative food concept. The truth is, free range chicken is exactly what your granny would have eaten – and it's likely it would have been fresh from the farm down the road.

I don't think I need to get on my soap box about the horrific conditions surrounding factory farmed birds. Jamie and co have gone a long way to educating the British public on why choosing British, free range and if you can really afford to push the boat out, corn fed, poultry is by far the best choice.

At Brig Farm Shop we endorse and support this wholeheartedly and currently offer an organic free range chicken from Grierson's Organic here in Perth and a Corn Fed Free Range Chicken from Fife. Both would pass Jamie's strict standards with flying colours!

If you've not yet taken the plunge into paying a little bit more for a free range bird and aren't yet convinced it's worth the extra you really don't know what you're missing! Apart from the social and economic benefits – won't you feel all green and saintly!? – the smell wafting round your kitchen while it's cooking beats any glade plug in on the market. The skin is a golden yellow colour, the crisps up beautifully and when you taste it, it's moist, tender and full of flavour.

We've gone for a simple roast chicken here served with local seasonal veg and basted in fresh herbs and Perthshire Rapeseed Oil. Don't save it for Sunday is my only advice.

# Plain and Simple Roast Chicken

## Ingredients

1.5kg – 2kg Free Range Chicken  
1 lemon  
Small bunch fresh thyme or rosemary  
Scottish Garlic Clove  
50mls rapeseed oil  
Salt and Pepper

Seasonal veg and potatoes to serve.

## Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Slice the lemon in half. Insert half the fresh herbs into the cavity and pop the lemon into the end.
3. Crush the garlic cloves and add the remaining herbs and the rapeseed oil. Mix this thoroughly and spoon about half over the chicken. Get your hands in there and rub into the creases at the legs.
4. Place the chicken in a roasting tray and pour over the remaining flavoured oil. Season the chicken generously with sea salt and black pepper.
5. Cover the chicken loosely with foil and roast in the oven for 30 minutes. After 30 minutes, remove the foil and roast for another 20-30 minutes and reduce the temperature to 160C-180C/320F-350F/Gas 3-4.
6. Turn off the oven and let the bird rest for at least ten minutes.
7. Stir the pan juices over the hob to heat through, thicken with flour if necessary to make a light, tasty gravy.
8. Carve the chicken and serve with potatoes and vegetables topped with the gravy. Delicious!