

How to brighten up a plain roast Chicken? Stab it to death. Oh sorry that?s not supposed to sound quite so brutal. It?s to make places to insert Garlic and Rosemary!

Ingredients:-

A medium Chicken
2 Cloves of Garlic, sliced
2 Sprigs of fresh Rosemary
5 Spice
Salt 7 Pepper
A Lemon cut in half
Oil

Method:-

(1) With a sharp knife stab holes in the breast and thighs.
(2) Insert Slices of Garlic and the softer end sprigs of Rosemary into the holes.
(3) Place the Lemon in the cavity.
(4) Dust with 5 Spice, Salt and Pepper and rub with Oil.
(5) Roast covered at 180c until the juices run clear.

We had a bit of a traditional roast dinner yesterday. The remain Chicken, because it was quite some size, is going in a Chicken and Bacon Salad tonight.