



Chef Adam Gray's perfect roast chicken

INGREDIENTS

1.6 – 1.8kg soy free whole chicken
100ml Farrington's Mellow Yellow rapeseed oil
Sea salt
Freshly milled pepper
1 Bulb of Garlic
Fresh thyme sprigs

METHOD

Preheat the oven to 200c/gas 6.

Remove the wishbone with a small sharp knife at the neck end of the chicken before cooking as this makes the carving process much easier.

Cut the bulb of garlic in half and place inside the chicken cavity along with the sprigs of fresh thyme.

Season inside the cavity with sea salt and freshly milled pepper.

Brush the chicken all over with the rapeseed oil and season again with just the sea salt .

Place the chicken in a roasting tray, breast side facing upwards and place in the pre heated oven.

Roast the chicken for approximately one hour, occasionally basting with the juices in the roasting tray.

To check if the chicken is cooked, pierce between the thigh and the breast with a skewer and check that the juices run clear.

Once the chicken is cooked transfer the chicken to a large plate and leave to rest for 10 minutes.

the ethical butcher