
RECIPE OF THE WEEK

Chicken with Lemon & Almonds

This recipe is one of Sara's long-standing favourites which is as nice as it's easy since it is not-the-same-old-roast-chicken and you can cook the chicken with the vegetables in one



tray. Chicken and almonds are a good pairing if you want to serve with flatbreads or couscous or you can serve old school with roast potatoes and greens since this recipe's is based on the old Lancashire dish called Hindle Wakes.

*1 large free range chicken 1.4kg - 2kg
1 large unwaxed lemon, thinly sliced
50-60g blanched almonds, whole or sliced plus a few toasted separately to garnish when serving
1 or 2 large cloves of garlic, crushed with the back of a knife*

*Trapani sea salt and freshly ground black pepper
30g butter
500ml chicken stock (best made from the giblets)*

*180g chestnut mushrooms
1 tablespoon cornflour or St. Vincent arrowroot
80ml fresh cream
fresh flat leaf parsley or coriander leaf*

Preheat your oven to 200°C/gas mark 6. Prepare 500ml chicken stock.

Dry the chicken and work the skin loose from the neck cavity then slide the almonds under the skin before stuffing the chicken with the sliced lemons and garlic.

Rub the skin with butter (I use a butter wrapper) then season with freshly ground black pepper and a few pinches of sea salt which will help crisp up the skin.

Next truss or tie the chicken to hold it securely whilst roasting. Pop in a roasting tin then pour in the chicken stock and roast in the middle of the oven for 60mins.

After an hour place the mushrooms in the tray around the bird and cover the tray with foil until the bird is done - about 74°C with a probe.

Remove the foil and save for re-use.

Drain the juices from the bird into a pan and finger-carve into four portions or use a knife to carve into sixths so you have 2/3 of a breast on each side, the thighs and legs plus each wing with the first 1/3 of the breasts attached. Put back in the oven tray with the lemon and garlic and recover with the foil to relax and keep warm.

Mix a few tablespoons of the cooking liquid with a tablespoon of arrowroot or cornflour until it has no lumps then add to the stock and simmer gently whilst stirring continuously. Simmer for a few minutes until thickened then reduce the temperature and stir in the cream without boiling. Check the gravy for seasoning and adjust if necessary then put in a warmed jug. Plate up and decorate with the lemon bits and almonds. If you fancy a quick veg option to plate up with you can add a bunch of spinach to the baking tray with a splash of the gravy. Serves 6-8.

To download this recipe go to www.squisito-deli.co.uk
