



English Roast Chicken

READY IN



135 min.

SERVINGS



6

CALORIES



1179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices streaky bacon smoked
- ☐ 1 bay leaf
- ☐ 2 ounces bread crumbs fresh
- ☐ 1 ounce butter
- ☐ 1 tablespoon butter
- ☐ 1 carrots cut into pieces
- ☐ 5 pound meat from a rotisserie chicken free-range for gravy including neck and giblets,
- ☐ 6 servings chicken neck and giblets
- ☐ 1 eggs beaten

- ☐ 2 tablespoons flour all-purpose
- ☐ 6 servings flour for coating
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 6 servings serving suggestion: gravy
- ☐ 0.5 juice of lemon juiced
- ☐ 0.5 optional: lemon sliced
- ☐ 6 servings lemon rind grated
- ☐ 1 medium onion peeled
- ☐ 1 small onion
- ☐ 1 small onion finely chopped
- ☐ 1 small bunch parsley finely chopped
- ☐ 8 peppercorns
- ☐ 12 potatoes peeled
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 servings salt and pepper freshly ground
- ☐ 2 tablespoons unrefined sunflower oil
- ☐ 2 tablespoons unrefined sunflower oil for roasting
- ☐ 6 servings splash white wine

Equipment

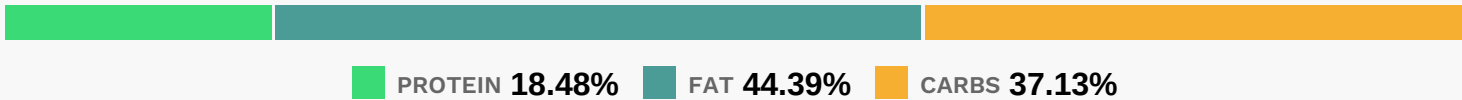
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ sieve
- ☐ roasting pan

Directions

- ☐ Position an oven rack in the middle of the oven and preheat to 425 degrees F.

- ☐ To prepare the chicken, lift the skin gently with a knife and insert some small pieces of butter and slices of lemon under the breast.
- ☐ Make a ball of the stuffing and place in the cavity. Tie the chicken together with a string.
- ☐ Lay 6 pieces of streaky smoked bacon over the chicken. Season with salt and freshly ground pepper. Rub salt and butter into the skin.
- ☐ Heat oil in roasting pan and put the chicken and the onion into it. Cook for 1 hour and 30 minutes. Baste the chicken thoroughly every 20 minutes. After 1 hour and 10 minutes remove the crispy bacon slices and place them on a dish for serving. Return the chicken to the oven for another 20 minutes.
- ☐ To make stock, combine the giblets with a bay leaf and an onion in a saucepan. Cover with water and bring to a boil.
- ☐ Add carrot and peppercorns. When the chicken is cooked, transfer it to a plate and keep warm.
- ☐ Put the roasting tin on heat and drain off fat with a spoon.
- ☐ Add 2 tablespoons of flour to the juice. Keep stirring. When the juice is brown add the stock. Sieve the gravy to remove any lumps.
- ☐ Add a splash of white wine if desired.
- ☐ In a medium saucepan melt the butter and sweat the onions until translucent.
- ☐ Combine the chopped herbs, breadcrumbs, beaten egg, lemon juice and zest in a medium-mixing bowl.
- ☐ Add onions and mix thoroughly.
- ☐ Preheat oven to 425 degrees F.
- ☐ Parboil the potatoes. Coat them in flour. Put in a roasting tin with very hot sunflower oil. Roast for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:99.68, Glycemic Load:62.03, Inflammation Score:-10, Nutrition Score:51.933043334795%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Eriodictyol: 2.04mg, Eriodictyol: 2.04mg, Eriodictyol: 2.04mg, Eriodictyol: 2.04mg Hesperetin: 3.46mg, Hesperetin: 3.46mg, Hesperetin: 3.46mg, Hesperetin: 3.46mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg

Nutrients (% of daily need)

Calories: 1179.01kcal (58.95%), Fat: 53.1g (81.68%), Saturated Fat: 15.86g (99.1%), Carbohydrates: 99.92g (33.31%), Net Carbohydrates: 88.13g (32.05%), Sugar: 8.02g (8.91%), Cholesterol: 195.49mg (65.16%), Sodium: 644.18mg (28.01%), Alcohol: 15.14g (100%), Alcohol %: 2.14% (100%), Protein: 49.72g (99.44%), Copper: 3.68mg (184.09%), Vitamin K: 170.77µg (162.64%), Vitamin C: 109.28mg (132.46%), Vitamin B6: 2.14mg (106.91%), Vitamin B3: 19.45mg (97.24%), Potassium: 2496.42mg (71.33%), Phosphorus: 635.69mg (63.57%), Manganese: 1.24mg (61.83%), Vitamin A: 3086.67IU (61.73%), Selenium: 40.89µg (58.41%), Vitamin B1: 0.73mg (48.89%), Fiber: 11.79g (47.16%), Magnesium: 172.22mg (43.06%), Iron: 7.45mg (41.42%), Folate: 141.22µg (35.3%), Vitamin B5: 3.48mg (34.85%), Vitamin E: 4.94mg (32.91%), Vitamin B2: 0.56mg (32.71%), Zinc: 4.62mg (30.78%), Calcium: 146.76mg (14.68%), Vitamin B12: 0.88µg (14.61%), Vitamin D: 0.6µg (3.98%)