Succulent Roast Chicken

Don’t wait until Sunday for your next roast! With 5 minutes preparation, this can be ready in an hour and a half, perfect for dinner, and then you can use the left-overs for tomorrow’s lunch! The secret to ensuring that the chicken remains succulent and juicy in in the stuffing and bagging method – see the recipe for full details.

Ingredients

- 1.5 kg chicken prepared, without giblets
- 1 lemon
- 3 cloves garlic peeled, but whole
- 1/2 tsp sumac
- 1 large roasting bag or use a large piece of baking paper

Instructions

Preheat the oven to 190C/180C fan/GM5

1. Cut the lemon into quarters. Place the quarters into the cavity of the chicken, with the whole, peeled cloves of garlic.
2. Sprinkle the sumac on top of the chicken and place into the roasting bag. Seal, and roast in the oven for the 1 hour and 25 minutes. If you don’t have a roasting bag, take a huge piece of baking paper and encase your chicken in an ‘envelope’, folding and sealing it around the chicken.
3. Drain the juices from the bag and reserve.
4. Check the chicken is cooked by testing the thickest part of the chicken to see if the juices run clear. Serve hot, or cool and keep in the refrigerator for up to 3 days.
5. You can make gravy using the reserved juices mixed with a spoonful of gluten-free flour. Alternatively, chill in the refrigerator and use the stock in casseroles or soups. You can use the fat instead of oil for casseroles and soups, or discard in the bin (not down the sink).