

# Sunday Roast Made Simple



Mention roast dinner to most people and they immediately imagine spending the best part of a day in a hot kitchen waiting for one pan to start boiling while another pan boils over. But not only is the great British roast dinner one of the nations favourite dishes but is also, in my opinion, one of the simplest dishes to prepare when approached in the right frame of mind!

## Lets start with the Chicken!

A large chicken will serve four – six people comfortably.

1. Preheat Oven on gas mark 5 (approximately 180c) Rub butter all over the chicken and sprinkle one chicken Oxo cube along with salt and pepper to taste over the entire chicken.
2. Place chicken in roasting tin, cover loosely with foil and place in the middle of your preheated oven. At this point forget about the chicken for at least an hour.

## Preparing The Veg!

Obviously use whatever veg you fancy but please do try to steam your veg preferably in a hob steamer as opposed to the electric variety, as this will guarantee you the base for the best gravy.

Once veg is prepared, peeled and chopped place the veg into the steamer and cook for approximately ten minutes.

## Berties Top Tip!

Don't be afraid to cook the veg early as this will free up your time later to prepare the gravy. Two minutes in the microwave just before dinner is served will not reduce any of the vitamins and nutrients in the veg.

## Roast Potatoes

Peel, half and wash the potatoes and parboil the potatoes for ten minutes. In a large roasting tin heat in the oven approximately 1 litre of sunflower oil and 25g of butter along with a pinch of salt and pepper. Drain potatoes in colander and gently shake potatoes to give them a slightly roughed up exterior and add to roasting tin.

## Back to the chicken!

After approximately an hour into cooking drain any excess stock from the chicken into the juice from the vegetables and repeat this every twenty minutes for another hour and a half.

After cooking the chicken for approximately two hours remove the foil to achieve the ultimate crispy chicken skin which is a firm favourite in Berties Kitchen!

## Stuffing

Most people stuff a chicken before cooking but lets be honest how many people actually eating the stuffing from inside the carcass?

Chicken and stuffing got together like peaches and cream and I find it so much tastier just to mix the stuffing with boiling water and a knob of butter, shape into balls and bake in the oven for approximately twenty minutes.

## Back to the Bird!..again

Two and a half hours into cooking the chicken should be cooked. Remove from oven and let the chicken stand for at least half an hour. This will make the carving of the chicken so much easier.

## Back to the Spuds

After 30 minutes, turn potatoes to ensure a golden brown consistency throughout. Roast Potatoes are a myth, lets face it you peel them, boil them and throw them in the oven..its that easy.

## Gravy

By now in one pan you should have the vegetable juice plus all the chicken juice. This makes the perfect base for the perfect gravy. At this point you can add whatever thickeners, granules etc that you would normally use, but with this gravy you will have the added goodness of the vegetable and chicken juices. Add cornflour for thickness and simmer on the lowest heat for 10 – 15 minutes.

## Serving the Dish

At this point take five!! Chill for five minutes..the worst thing you can do is get stressed at this point. Lets face it you've just spent three hours in the kitchen and you deserve to enjoy the meal as much as everyone else is going to.

Remove the skin of the chicken ( im only saying this as in my house theres always a big fight for who gets to eat the skin). Carve the chicken and place on serving dish.

## Berties Top Tip!

Under no circumstances discard any of the chicken carcass, bones etc. These can be used later on to form the perfect chicken stock that I will show you some great tasting uses for in later issues.

Remove potatoes from oven, drain any excess oil from roasting tin and place on serving dish. Take stuffing from the oven and if veg needs warming through place in microwave for 2 minutes.

Your almost there, all that's needed is to add the gravy to a pouring boat, sit down and enjoy.

This whole process has taken approximately three hours from start finish and will hopefully made you realise just how easy it can be to make a fantastic roast dinner without the stress.