



AUSSELEKTION
GOURMET
TRAVELLER

INSTITUTE

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2017



WINTER ROASTING *with*

COLIN FASSNIDGE

4FOURTEEN

Whole salt-baked chicken

Prep time 25 mins, cook 1 hr
(plus resting)

Serves 4

- 450 gm (3 cups) plain flour
- 280 gm fine salt
- 3 egg whites
- 1 bunch (about ¼ cup)
sage leaves
- 1.3 kg chicken
- 3 tsp butter, at room temperature
- 2 fresh bay leaves
- ½ lemon, sliced
- 1 garlic bulb, cut in half

1 Preheat oven to 140C fan-forced. Mix flour, salt, egg white, 1 tbsp finely chopped sage leaves and 180ml water in a mixing bowl until well combined. Roll out on a floured bench until large enough to wrap chicken completely.

2 Separate skin from chicken breast and thighs by gently sliding your hand between skin and flesh, starting from the neck. Push butter under skin, then spread over leg and breast by pressing on the skin. Stuff cavity with bay leaves, half the remaining sage, lemon and garlic. Season inside cavity and all over skin, press remaining sage onto chicken breast, then place breast-side down on salt pastry. Carefully wrap chicken with pastry to fully enclose and press firmly to seal.

3 Bake chicken until internal temperature reaches 70C on a probe thermometer inserted deep into leg joint (55 minutes to 1 hour). Set aside to rest for 30 minutes before breaking open pastry crust to serve.

MY NOTES

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