

# Roast Dinner: Chicken



## Ingredients:

- 1 Whole Chicken Jointed: Use 200g of Meat (Thighs / Breast)
- 20g Peas
- 6 Tablespoons Vegetable Oil
- 4 Tablespoons Plain Flour
- 2 or 3 Broccoli Florets
- 1 or 2 Potatoes
- 1 Carrot
- 1 Bay Leaf
- Black Pepper
- Yorkshire Puddings: 1 Egg, 60g Plain Flour, 60ml Milk, Drizzle of Oil for Tray



You will need a container to take your roast dinner home in at the end of the lesson.

## Method:

1. Preheat the main oven to 180°C or Gas Mark 4.
2. Preheat the top oven to 180°C or Gas Mark 4.
3. Weigh and measure out all the ingredients accurately.
4. To prepare the meat, on a red chopping board joint the whole chicken into breasts, thighs, drumsticks and wings. Select 200g of meat to use for the roast dinner, you will probably want to use the breast or thighs. Store the remaining meat in a sealed container in the bottom of the fridge.
5. Place the carcass in a large saucepan and cover with water, add bay leaf and pepper. Place a piece of crunched up baking paper over the carcass and bring the water to the boil. Reduce the heat and reduce the liquid for 20 to 30 minutes, this will make the chicken stock to serve with your roast dinner. After this time turn the heat off.
6. Half fill another saucepan with water and place at the back of the hob, bring the water to the boil.
7. Add the vegetable oil to a baking tray and place on the top shelf in the main oven, this is to heat the oil so it is hot enough when you add the boiled potatoes.
8. Peel potatoes. Cut the potatoes in half and depending on the size these pieces may need to be cut in half again.
9. Bring the saucepan of boiling water to the front of the hob and add the potato pieces. Boil for 5 to 8 minutes depending on the size.
10. Once the potatoes have finished boiling, use a colander to drain the water. Lightly toss the boiled potatoes in the colander, this will help to make them fluffy and crispy when roasted. Ensure all excess water is removed. Keep this saucepan as you can use it later to boil the vegetables.
11. Using oven gloves, remove the baking tray containing oil from the main oven and place on a pan stand. Carefully add the individual potato pieces to the baking tray of hot oil. Use oven gloves to return the baking tray to the top shelf of the main oven, roast for 40 to 50 minutes depending on the size. The potatoes should be golden and crisp.
12. To make the Yorkshire pudding batter: Crack the egg into a small bowl and check for any shell. Transfer the egg to a measuring jug and beat with a fork. Add 60g plain flour to the measuring jug and beat with a fork until a stiff mixture is formed. Add 60ml milk a small amount at a time and beat thoroughly with a fork until a smooth yet pourable mixture is formed, set this to one side for use later. The more you beat the mixture the more air you will add so try to beat regularly so you end up with a light and crisp Yorkshire pudding.
13. Place the chicken breast / thighs on a baking tray and roast in the main oven on the middle shelf for 35 to 45 minutes.
14. Fill the saucepan you used earlier to boil the potatoes half full with water. Place on the back of the hob and bring to the boil.
15. Prepare the vegetables:
  - Cut the carrot into slices or batons.
  - Cut the broccoli into individual florets.
  - Remove the peas from the freezer
16. Turn the main oven temperature up to 220°C or Gas Mark 7
17. Add a tiny drizzle of oil to the Yorkshire pudding tray, place in the main oven to heat the oil.
18. Bring the saucepan of boiling water to the front of the hob and add the carrots, these will take 15 minutes to cook.
19. After the carrots have had 5 minutes to cook, add the broccoli florets, these will take 10 minutes.
20. Using oven gloves, remove the roast potato tray from the main oven and transfer to the top oven.
21. Move the chicken down to the middle shelf.
22. Remove the Yorkshire pudding tray from the main oven and place on a pan stand. Quickly pour an even amount of mixture into the Yorkshire pudding slots. Using oven gloves return the Yorkshire pudding tray to the top shelf of the main oven, once in do not open the oven door for at least 12 minutes. The Yorkshire puddings should be golden and well rise.
23. Place the saucepan where you boiled the carcass in on a pan stand. Remove the carcass. Leave 250ml of stock in the saucepan.
24. To thicken the chicken stock: Place 2 tablespoons of plain flour into a small bowl and add 4 tablespoons of cold water to make a smooth paste. Stir thoroughly into the 250ml of chicken stock. Place the saucepan on the front of the hob and bring to the boil stirring thoroughly, the stock will thicken. Remove saucepan from the heat and place on a pan stand. Pour gravy into a gravy jug.
25. Add the peas to the saucepan of vegetables and cook for 3 to 4 minutes.
26. Use a colander to drain the water away from the vegetables. Serve on the plate.
27. Remove the roast potatoes from the top oven and Yorkshire puddings from the main oven. Remove the chicken from the main oven, to check the meat is cooked use a food probe to ensure the core temperature of the chicken reaches 75°C and all the juices should run clear. Once cooked remove from the baking tray and serve on a plate. Turn off ovens.
28. Serve each item on the plate giving careful consideration to the presentation.