

# Lemon, Garlic and Thyme Roasted Chicken with Fondant Potatoes



## Ingredients for Roasted Chicken:

From the Chicken you Jointed: Drumsticks, Thighs and Wings

2 Garlic Cloves

2 Tablespoons Vegetable Oil: School to Provide

1 Lemon

1 Large Onion

1 Tablespoon Fresh / Dried Thyme: School to Provide

Pinch Pepper: School to Provide



Please remember to bring in your chicken drumsticks, thighs and wings. Remember to take them out the freezer the night before your lesson and defrost them in the fridge.

You will need to bring a roasting tin to cook your product in and a piece of tin foil to cover it at the end of the lesson.

## Ingredients for Fondant Potatoes:

75g Butter

50ml Chicken or Vegetable Stock (You can use the stock you made in your school)

1 Large Potato

1 Garlic Clove

1 Sprig Fresh Thyme / 1 Tablespoon Dried Thyme: School to Provide

Pinch Sea Salt: School to Provide

Pinch Pepper: School to Provide



## Method for Roasted Chicken:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Place the chicken drumsticks, thighs and wings into a roasting tin.
3. Cut the onion and lemon into wedges and add to the roasting tin.
4. Peel and crush the garlic, add to the roasting tin.
5. Add the thyme and black pepper to the roasting tin.
6. Drizzle with the vegetable oil.
7. Place the tin in the oven and roast for 25 to 40 minutes, turning the ingredients over half way through the cooking time to even out the cooking.
8. To check the chicken is cooked, use a food probe; the core temperature should be at least 75°C and any juices should run clear.

## Method of Fondant Potatoes:

1. Meanwhile peel the potatoes, cut a flat top and bottom on your potato. If your potato is large, you may find it easier to cut it in half length ways.
2. Using a pastry cutter, cut out a round of potato. Ensure the shape is round and the top and bottom are flat. Cut out as many as you can.
3. Place the butter and potato pieces in a frying pan at the front of the hob.
4. Turn the hob onto a medium heat and cook for about 5 to 7 minutes until golden at the bottom. When done, turn over the potato using a fish slice and cook again for a further 5 to 7 minutes. Turn off the hob.
5. Add the stock (CAUTION: the hot fat may spit when it comes into contact with the stock). Add in the crushed garlic clove and thyme. Season with salt and pepper.
6. Move the frying pan to the back of the hob and simmer gently until the potato is cooked, this will take around 15 to 20 minutes. To check the potato is cooked, a knife should slide through easily.
7. Once cooked, remove the fondant potatoes from the frying pan.