



How to brighten up a plain roast Chicken? Stab it to death. Oh sorry that?s not supposed to sound quite so brutal. It?s to make places to insert Garlic and Rosemary!

Ingredients:-

A medium Chicken
2 Cloves of Garlic, sliced
2 Sprigs of fresh Rosemary
5 Spice
Salt 7 Pepper
A Lemon cut in half
Oil

Method:-

- (1) With a sharp knife stab holes in the breast and thighs.
- (2) Insert Slices of Garlic and the softer end sprigs of Rosemary into the holes.
- (3) Place the Lemon in the cavity.
- (4) Dust with 5 Spice, Salt and Pepper and rub with Oil.
- (5) Roast covered at 180c until the juices run clear.

We had a bit of a traditional roast dinner yesterday. The remain Chicken, because it was quite some size, is going in a Chicken and Bacon Salad tonight.