

# Roasted chicken with fondant potatoes



# Ingredients list

## **For fondant potatoes:**

- 75g Butter
- 50ml Chicken or Vegetable Stock (You can use the stock made from boiling the chicken carcass)
- 1 Large Potato
- 1 Garlic Clove
- 1 Sprig Fresh Thyme / 1 Tablespoon Dried Thyme
- Pinch Sea Salt (School to Provide)
- Pinch Pepper (School to Provide)

# Equipment list

## **For potatoes:**

- Brown chopping board
- Frying pan with lid
- Spatula
- Cutlery spoon
- Small pastry cutter
- Measuring jug

# Ingredients list

## **For Roasted Chicken:**

- 1 Small Whole Chicken (we are deboning it in class)
- 2 Garlic Cloves
- 2 Tablespoons Vegetable Oil (School can provide)
- 1 Lemon
- 1 Large Onion
- 1 Tablespoon Fresh / Dried Thyme:

**A ROASTING DISH TO COOK YOUR CHICKEN IN  
AND BRING IT HOME**

# Equipment list

## **For Chicken:**

- Sharp knife
- Red chopping board
- Roasting tin

# Method – Making roast chicken

1. Pre-heat oven to 200°C / gas 8.
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 halfway through the cooking time to even out the cooking. **MAKE POTATOES WHILST CHICKEN IS COOKING**
8. To check the chicken is cooked, use a food probe; the core temperature should be at least 74°C and any juices should run clear.



# Method – Making 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 small 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
7. should slide through easily.
8. 7. Once cooked, remove the fondant potatoes from the frying pan.

