



Roast Chicken with Preserved Lemon

This super simple, super delicious roast chook is my kind of comfort food. I made it recently with a free-range chicken from Eugowra Game Birds, poultry suppliers to top restaurants now doing home delivery and well worth checking out! I love the combination of chicken, rice and yoghurt, but you could roast some potatoes with it if you prefer. I also love preserved lemons, but it always seems a bit wasteful to throw away the flesh and only use the skin. Then a friend told me she saves the flesh and puts it inside the cavity of a chicken she's roasting - genius! Ideally use the flesh of two large preserved lemons even though you only need the skin from one; either save the flesh from other recipes, or just pop the skin from the second lemon back in the jar (just ensure it's completely submerged in the brine). I really enjoy a glass of Callejuela Blanco De Hornillos with this.

Serves 4

INGREDIENTS

- 1 x 1.5kg chicken
- 2 large preserved lemons
- Extra virgin olive oil, for rubbing
- 2 red onions, halved and cut into eighths
- 1 bunch thyme
- Salt flakes, to taste
- Steamed rice, for serving
- Green salad, for serving
- Natural yoghurt, for serving

Preserved lemons are super easy to make and a wonderful homemade gift. When lemons are in season, and inexpensive, make a big jar that will keep you supplied for ages. Recipe at www.food-wine-travel.com

METHOD

1. Preheat oven to 220°C.
2. Wipe cavity of the chicken out with paper towel and pat skin dry.
3. Separate the skin of the preserved lemon from the flesh, keeping both.
4. Put the flesh inside the cavity of the chicken.
5. Pour oil generously into a baking dish, rub it all over the chicken and put the chicken in the dish.
6. Finely slice the skin of 1 preserved lemon into thin strips, reserving the rest for another dish.
7. Scatter the lemon and onion around the chicken, tossing it in the oil.
8. Sprinkle the thyme leaves over the chicken, tucking a sprig or 2 underneath and inside the cavity.
9. Sprinkle chicken generously with salt.
10. Place in oven for 1 hour then remove and set aside in a warm place for 5 minutes.
11. Cut up the chicken, discarding the lemon flesh.
12. Serve with rice, salad and yoghurt, with the cooking juices spooned over the rice.