

A top-down photograph of a roasted chicken, golden-brown and glistening, resting on a piece of parchment paper. The chicken is surrounded by an assortment of winter fruits, including sliced apples, pears, and red onions, along with small red berries and fresh herbs. The entire scene is set against a dark, textured background.

Milking Yard Farm

ROAST CHICKEN
WITH WINTER FRUITS

by Valli Little

delicious.
PRODUCE AWARDS

2016

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This special breed of chicken ranges in size from 2kg to 4.5kg. Adjust the cooking time according to the size of your bird.

SERVES 8

PREP TIME
20 mins

COOK TIME
3 hrs

**2 tbs chopped thyme leaves,
plus 3 extra sprigs**
**100g unsalted butter, softened,
chopped**
4kg Milking Yard Farm chicken
**2/3 cup (100g) frozen cranberries,
thawed**
2 pears, quartered
2 red apples, cut into thick wedges
4 plums, halved
2 red onions, cut into thick wedges
1/3 cup (80ml) maple syrup
2 cups (500ml) chicken stock
**Fried sage leaves (optional),
to serve**

1. Preheat oven to 160°C. Combine thyme leaves and butter in a bowl. Carefully run your hand under chicken breast and thigh to loosen skin, being careful not to tear skin. Rub butter onto breast and thigh under skin, spreading to coat evenly. Season, then tie legs together with kitchen string. Place in a large flameproof roasting pan and cover pan with a sheet of baking paper, then a sheet of foil. Roast for 2 hours.
2. Meanwhile, place fruit, onion and maple syrup in a bowl. Season and toss to combine. Remove chicken from oven and discard foil and baking paper. Arrange fruit and onion around chicken, then scatter with extra thyme sprigs. Bake, turning fruit mixture twice, for a further 45 minutes or until the chicken breast registers 70°C with a kitchen thermometer and juices run clear when the thickest part of the chicken thigh is pierced with a skewer. Transfer chicken and fruit to a platter. Rest, loosely covered with foil, for 15 minutes.
3. Skim excess fat from pan and discard. Return pan to medium heat. Add stock and bring to the boil, then reduce heat to medium-low. Cook for 12 minutes or until jus is thickened and reduced. Season.
4. Serve the chicken with roasted fruit, onion and fried sage leaves, if using.

Photography Petrina Tinslay
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