



Roast Chicken with Two Stuffings

Servings: 4
Total Time: 2 hrs 30 mins
Cooking Time: 1 hr 30 mins
Resting Time: 20 mins (to relax)
Pre-heat Oven to 190°C



METHOD

Clean the chicken and remove all innards. Mix together the butter & chicken spice in a small bowl & set aside for later coating.

For the body stuffing, mix together the breadcrumbs & chicken stock in a bowl. Leave to soak for 5 mins. Mash the liver paté into the mixture & mix in the parsley, sage, mixed herbs, onion, egg & butter well. Fold in the crushed walnuts & season with salt & pepper. Stuff the body with the stuffing, skewer the end & truss the legs.

For the neck stuffing, melt the butter in a saucepan & fry the bacon & mushrooms until soft. Remove from the heat & stir in the breadcrumbs & stock. Mash in the sausage meat, parsley, thyme, mixed herbs, egg & lemon rind. Season with salt & pepper. Starting at the neck, gently ease the skin from the breasts to create pockets either side of the spine. Stuff each pocket, pressing it well into the breast & arranging it evenly; take care not to overstuff. Tuck the loose neck skin under the chicken & tuck back the wings.

Rub the chicken with the prepared chicken spice butter. Pour the olive oil into a roasting pan, add the chicken & seal the pan with tin foil. Roast in the oven for 20 mins, reduce the oven to 170°C & roast for an additional 45 mins. Remove from oven & pour off the pan juices into a saucepan for the gravy. Coat the chicken with some pan juices, return to the oven & roast uncovered to crisp (about 15 mins). Remove from the oven & rest while keeping warm for at least 20 mins before carving.

Make the gravy by whisking the flour in the saucepan with the pan juices & cook for 1 min. Slowly whisk in the water & cook to a boil until thickened. Add gravy browning to colour. Season with salt before serving.

INGREDIENTS

1 whole chicken (or turkey)
 (1-1,2kg; between 250-300g per person)

2 Tbsp butter

2 tsp chicken spice

2 Tbsp light olive oil

For the Body Stuffing

100g fresh breadcrumbs

100ml chicken stock

100g chicken liver paté

1 tsp dried parsley

1 tsp dried sage

1 tsp dried mixed herbs

1 small onion, peeled & diced

1 large egg

1 Tbsp butter

1 Tbsp crushed walnuts

freshly ground salt & pepper

For the Neck Stuffing

1 Tbsp butter

2 slices streaky bacon, diced

100g fresh button mushrooms, diced

100g fresh breadcrumbs

105g chicken or vegetable stock

2 pork sausages, skins removed

1 tsp dried parsley

1 tsp dried thyme

1 tsp dried mixed herbs

1 large egg

1 small lemon (grated rind only)

freshly ground salt & pepper

For the Gravy (using juices from the pan)

3 Tbsp self-raising or cake flour or

White Onion Soup Mix*

375ml water

a few drops of gravy browning

salt, to taste





LCHF **B** Use *Banting Buttermilk Seed Loaf** for the breadcrumbs.
Use *White Onion Soup Mix** instead of flour to thicken the gravy.