

## POT-ROAST CIDER CHICKEN



MINUTES TO PREPARE  
20



MINUTES TO COOK  
1 hr 30



SERVES  
5

### INGREDIENTS

**1 tablespoon rapeseed oil**  
**1 large whole chicken (1.8kg)**  
**1/2 fennel, diced**  
**250g carrots, peeled and thickly sliced**  
**1 celery stalk, diced**  
**3 cloves of garlic, peeled and kept whole**  
**2 sprigs rosemary**  
**2 bay leaves**  
**Salt and pepper**  
**200ml cider**  
**300ml water**  
**1 heaped teaspoon vegetable bouillon**

### LET'S GET COOKING

- 1 Preheat the oven to 190/375/gas 5. Place the rapeseed oil in a large casserole dish with a lid and heat over a high heat. Season the chicken with a good pinch of sea salt and a grind of pepper.
- 2 Place the chicken breast-side down in the hot oil for 5 minutes. Carefully flip the chicken using 2 spatulas or wooden spoons and cook the chicken on its back for a further 5 minutes.
- 3 Remove the chicken from the dish and place on a plate to the side. Turn the casserole dish down to a medium heat and sauté the celery stalk, fennel and carrots for 3 minutes.
- 4 Pour in the cider and turn up the heat again to bring it to a boil. Boil for 4 minutes. Add the water and vegetable bouillon and boil again.
- 5 Stuff the garlic, rosemary and bay in to the chicken cavity. Place the chicken breast side up on top of the vegetables and place a lid on top.
- 6 Cook in the oven for 1 hour 30 minutes or until the juices run clear and the meat is falling off the bone.
- 7 To serve, take the chicken out and carve, serving the gravy and vegetables up separately. If you would rather, you could strain the vegetables from the gravy to serve pure delicious sauce.

*"Pot-roasting a chicken is a brilliant, stress-free way to get super-tender meat as you are essentially 'steaming' the bird, and collecting all the fabulous juices while cooking. The cider adds a beautiful sweet roundness to the sauce and there's no need to make additional gravy. Win win! Any excess meat and sauce will be delicious in a chicken noodle soup later on in the week (see recipe), or frozen for a later time"*