



## ROAST CHICKEN



### INGREDIENTS

1 chicken,  
sea salt  
3 carrots, peeled  
4 rashers of streaky bacon (optional)

### METHOD

Preheat the oven to 190C/gas mark 5.

Put three evenly sized carrots in the bottom of a roasting tin. Put the chicken on top, and give it an hour to come up to room temperature.

Just before roasting, lay the bacon slices over the breast, if you are using them. Roast the chicken for 1 hour - 1 hour 10 minutes until golden and when you stick a knife in the flesh between the leg and the breast the juices run clear or just palest pink.

Baste the bird occasionally during cooking. If there is not enough fat or juices in the tin, then use a little melted butter.

Take the chicken out of the tin and leave to rest in a warm place for half an hour or so while you make the gravy.

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