


in **LOVE**
with Cooking

Ingredients

- 1 large chicken
- 125g butter
- 1 tbsp sea salt
- 2 tsp black pepper
- 2 tsp fresh thyme
- 1 tsp dried sage

Stuffing

- 3 cup breadcrumbs
- 1 ½ cup grilled mushroom (mixture of oyster, button and shitake)
- 1 cup chestnut (boiled)
- 3 tbsp vegetable oil
- 1 egg
- 1 tsp sea salt & 1 ½ tsp sugar
- ½ tsp cracked pepper
- 1 tbsp chopped parsley & 2 bay leaves





Vegetables for baking

- 1 ½ tbsp. olive oil
- 1kg pumpkin, peeled, seeded, cut into cubes
- 2 tbsp maple syrup
- 300g cherry tomatoes
- 200g green beans, trimmed
- 1 tbsp fresh thyme sprigs
- Salt and pepper
- 2 tbsp butter

Method

Clean and pat the dry chicken. Rub chicken salt and pepper then place in a large bowl and let it marinate in the refrigerator. In another bowl, mix all the stuffing ingredients together and give it a good toss.

Spoon stuffing into the cavity of the chicken and seal the opening. Separate the skin of the chicken with your fingers. Rub butter and herbs in between the skin and meat. Truss chicken with kitchen string.

Place the pumpkin on the base of the baking dish. Drizzle with some olive oil and half of the maple syrup and season with pepper. Put Chicken on top and bake in a pre-heated oven at 220°C for 45minutes. Turn pumpkin and add cherry tomatoes to pan. Drizzle the remaining maple syrup. Roast for 30 minutes or until juices run clear when chicken thigh is pierced with a skewer.

Meanwhile, blanch green beans in boiling water 2 to 3 minutes or until just tender. Drain. Rinse under cool water. Add to roasting pan in the last 5 minutes of cooking.

Remove chicken from the wrap with aluminum foil and let it rest 30 minutes before craving.



Onion Gravy

50g Oil

150g chopped onion

500g water (preferable hot)

50g Knorr instant gravy mix powder

13g butter

13g plain flour

106g water

1/32 tbsp salt (large pinch)

Method

1. In a saucepan, saute the onion in the oil until softened and almost starting to brown. Add the 500g water boil, lower heat simmer, covered for about 10minutes. Turn off heat and stir in the gravy powder
2. In another saucepan, melt the butter and stir in the flour to make a roux. Slowly and in the 106g water, then pepper and salt.
3. Stir the gravy mixture into the roux mixture to combine (maybe can bring to a quick boil). Check the consistency (thickness) and taste, adjust with water or seasoning if necessary.

FOTILE