

## **One Hour Herb Roasted Chicken with Buttered Peas, Lettuce and Bay Leaf**

### **What you need (makes 4)**

Roasting tray or cast iron pan  
Olive oil  
1 carrot  
Salt and pepper

1 x 1.5 -2kg (3.5lb) chicken  
25g butter  
25g soft cream cheese  
Good sprig of tarragon, finely chopped  
Good sprig chervil, finely chopped  
Good sprig rosemary, finely chopped  
Finely grated zest of half lemon  
Sea salt and black pepper

Switch the oven to 180°C and place tray in oven

First mix the herbs with the cream cheese, butter and zest, season well with salt and pepper and reserve to one side.

### **What you do**

1. To prepare the chicken remove the parson's nose and trim up any excess fat.
2. Loosen the skin from the breast by gently working your fingers over the meat and under the skin to make a pocket repeat on the other side.
3. Stuff the herb mix evenly under both breasts.
4. With a sharp knife, score the legs with two or three incisions, this will make the legs crispy and allow them to cook quicker. Tie up the legs of the chicken.
5. Rub olive oil over the chicken and season with salt and pepper. Take a hot roasting tray or cast iron pan. Place the chicken on its side with the thigh of the chicken pressed firmly down. Use the carrot to prevent the chicken breast falling onto the tray and balance the chicken.
6. Cook for 25 minutes before turning over and repeating for around 20 minutes.
7. Sit the chicken upright for a further 15 minutes before removing. Check that the bird is cooked by inserting a small knife into the wing knuckle of the bird to test for blood.
8. Allow to rest at room temperature for 10 minutes or so.

Carve into 4 portions and serve with the peas.

## **Buttered Peas with Lettuce and Bay Leaf**

### **What you need (makes 4 portions)**

1 teaspoon white wine vinegar  
2 teaspoons white wine  
1 bay leaf  
1 shallot, peeled and finely chopped  
½ teaspoon English mustard  
⅛ of an iceberg lettuce finely shredded  
2 teaspoons double cream  
100g hard unsalted butter, diced  
Salt and freshly ground white pepper  
250g cooked peas

### **What you do**

1. Place the vinegar, wine, shallot and bay leaf in a small pan and boil until only a teaspoon of the liquid remains, add the mustard.
2. Add the lettuce and cream and bring back to the boil for 15 seconds or so.
3. Add the diced butter, little by little, and whisk in until a sauce is formed.
4. Season to taste, reheat the peas and add to the sauce.