TRADITIONAL ROAST CHICKEN

One bird. One oven. A collection of skills for life.



⏱️ QUICK INFO

- Serves: 4–6
- Prep: 35 minutes
- Roast: about 1½ hours
- Rest: 20 minutes
- Total: about 2½ hours

🍏INGREDIENTS

CHICKEN
1 × 1.8 kg whole chicken • 40 g butter
1 lemon • 1 onion • 4 garlic cloves
1 tbsp chopped sage • salt & pepper
POTATOES
1 kg floury potatoes • 45 ml oil or dripping
STUFFING
150 g breadcrumbs • 1 onion • 30 g butter
1 egg • 1 tbsp sage • 2–3 tbsp stock
TRIMMINGS & GRAVY
500 g carrots/parsnips • 15 ml oil
300 g seasonal greens
30 g plain flour • 500 ml chicken stock

METHOD

1. Prepare
Do not wash. Pat dry; butter, sage and season.
2. Roast
20 min hot, then 65–75 min lower, to 75°C.
3. Start the trimmings
Parboil potatoes; make stuffing; prepare roots.
4. Finish together
Roast potatoes, stuffing and roots; cook greens last.
5. Rest and serve
Rest 20 min; make gravy; carve and serve.

🪶 THE STORY

A roast dinner is a lesson in sequencing: one oven, shared food and careful timing. Resting creates the finishing window.

🔥 KOOK'S SECRET

Dry skin browns; wet skin steams. Never wash raw chicken—pat it dry instead.

hooks secrets

Full recipe and printable card: kookssecrets.com

TRADITIONAL ROAST CHICKEN

THE CALM, COMPLETE METHOD

1. PREPARE SAFELY

Heat oven to 220°C (200°C fan). Do not wash the chicken. Pat dry. Loosen the breast skin; rub in half the sage butter. Rub the rest over the skin. Put lemon, onion and garlic in the cavity; season.

2. ROAST THE CHICKEN

Roast 20 minutes. Reduce to 190°C (170°C fan); roast 65–75 minutes more. Check the thickest inner thigh and breast, avoiding bone: both must reach 75°C.

3. CRISP THE POTATOES

Cut evenly. Parboil in salted water for 8–10 minutes. Drain, steam-dry and roughen. Toss in hot oil or dripping; roast 50–60 minutes, turning once.

4. BAKE THE STUFFING

Cook the chopped onion in 30 g butter until soft; cool. Mix with breadcrumbs, sage, egg and enough stock to bind. Shape 8 balls; bake separately for the final 25–30 minutes.

5. ROOTS + GREENS

Toss the roots with oil; roast 40–45 minutes, turning once. Cook the seasonal greens while the chicken rests; finish with a little butter if liked.

6. REST + MAKE GRAVY

Rest the chicken loosely covered for 20 minutes. Leave 2 tbsp pan fat; cook the flour 1–2 minutes. Whisk in stock and resting juices; simmer 5–8 minutes. Strain, season and carve.

💡 THE ONE-OVEN LESSON

Start slow jobs first, overlap easy jobs, then use the chicken’s 20-minute rest to finish gravy and greens. Resting is part of the cooking—not lost time.

ONE ROAST • NEXT-DAY SANDWICHES • SOUP, CURRY OR PIE

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