

BOROUGH KITCHEN



Applied Knife Techniques

ROAST CHICKEN

INGREDIENTS

1 whole chicken
1 small onion, halved and peeled
1 small carrot, peeled
1 celery rib
1 garlic clove, skin removed
375ml chicken stock
1 tbsp olive oil
Salt and freshly ground pepper

SERVES 4

- 1 Preheat the oven to 200°C/180°C fan.
- 2 Dice the onion, carrot and celery. Finely chop the garlic. Mix together and spread evenly across the bottom of a roasting dish. Pour in the chicken stock.
- 3 Trim the chicken by removing the Parson's nose, excess fat from the cavity opening, and excess skin from the neck. Cut off the wings between the 2nd and 3rd joint, and set the wing tips aside. Season the cavity with salt and pepper. Truss the chicken with kitchen twine. Rub olive oil over the breasts and legs and season all over with salt and pepper.
- 4 Place the chicken and wing tips in the roasting pan and place in the oven, uncovered. Roast until the thigh meat is no longer pink and the juices run clear when pierced with a thin skewer—the general rule is approximately 25 minutes per 500g. You'll know the chicken is cooked when a thermometer inserted into its thickest part is at least 75°C.
- 5 Once the chicken is cooked, carefully remove from the pan and place on a board to rest for 10 minutes. Carve and serve.

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CARLA'S SWEET POTATO & RED ONION GRATIN

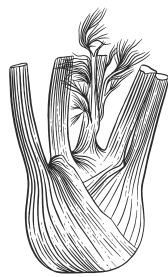
INGREDIENTS

400g sweet potato (approximately 2), washed and peeled
1/2 a red onion
15g unsalted butter
2 tbsp olive oil
Salt and pepper

SERVES 4, AS A SIDE

- 1 Heat oven to 200°C/180°C fan.
- 2 Using a mandoline, slice the sweet potato into 3mm slices and the red onion into 1mm slices.
- 3 Use half the butter to grease a roasting dish. Stand the sweet potato slices side-by-side. Tuck the sliced onions between the potato slices. Drizzle the olive oil over the top and season generously with salt. Break up the remaining butter into small pieces and scatter over the top of the dish.
- 4 Loosely cover with foil and roast for 30 minutes. Remove the foil and roast for a further 15-20 minutes until the sweet potatoes are cooked through. Serve.

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FENNEL & HERB SALAD WITH ORANGES

INGREDIENTS

For the Dressing

1 orange
1/2 a red onion
2 tsp rice vinegar
1 tbsp olive oil
1/4-1/2 tsp salt

For the Salad

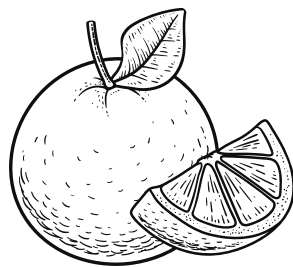
1/2 a fennel bulb, core removed
2 tbsp chopped parsley
1 tbsp chopped mint
1 tbsp chopped coriander
1 tbsp chopped chives
50g rocket leaves
1/2 tsp flaky sea salt

SERVES 2

- 1 First segment the orange: Slice the top and bottom from the orange so it sits still on the cutting board. Carefully cut the skin and pith from the flesh, starting at the top and following the curves down. Then, with each segment, insert the blade of the knife between the flesh and membrane on both sides to release each wedge. Set the segments aside; do not discard the peel and membrane.
- 2 Squeeze the remaining peel and membrane into a small mixing bowl to extract the juice. Use a mandoline to slice the red onion paper thin. Add to the bowl with the orange juice and let it marinate for at least 10 minutes. Using the mandoline, thinly slice the fennel and set aside.

- 3 To the bowl with the onion slices, add rice vinegar and salt; whisk. Slowly pour in the olive oil in a stream while whisking constantly. Adjust salt to taste.
- 4 Using a sharp knife, finely chop the herbs. If using coriander or parsley, pick leaves from the stalk and roughly chop for the best flavour, or leave as whole leaves for ease. Finely dice the chives. Set aside.
- 5 In a large serving bowl, toss the rocket with a few spoonfuls of dressing and all the onion slices. Taste and adjust the amount of dressing if desired; then add the fennel and herbs. Toss together. At the end, add the orange segments and a sprinkle of flaky sea salt.

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CITRUS & HERB SAUCE

INGREDIENTS

60g butter
40g plain flour
500g chicken stock
1 orange
3 sprigs sage, chopped
2 tsp fresh thyme, chopped
2 tsp parsley, chopped

SERVES 6

- 1 In a saucepan, melt the butter over medium heat. When the butter stops foaming add the flour slowly. Whisk and keep whisking to ensure the flour does not form lumps. After all the flour is added, keep whisking for 2-3 more minutes, until golden brown.
- 2 Add the chicken stock and whisk constantly. With a peeler take the skin off from the orange and add into the saucepan. Bring the mixture to a simmer and allow it to reduce, stirring frequently for 20-30 mins. When the sauce is thick, discard the orange, add all the herbs, stir, and serve alongside roast chicken.