



Serves:	up to 6 people depending on the size of the chook
Preparation:	15 minutes
Cooking time:	1.5 hours

THE SOMMERLAD FAMILY'S FAVOURITE SOMMERLAD CHOOK STUFFING

With apple, pine nuts and bacon

This is Kathryn Sommerlad's favourite recipe for the stuffing for a succulent, roasted Sommerlad heritage chicken.

Ingredients

- 1 whole Grasslands Sommerlad chicken

Seasoning ingredients

- 2-3 cups fresh breadcrumbs (hand crumbled)
- 2 or 3 sliced shallots
- 2 tblsps. chopped fresh parsley
- 2 tsps. mixed dried or fresh green herbs
- Salt and pepper to taste
- Olive oil and/or 1 beaten egg
- 1-2 rashers of Feather and Bone bacon, chopped into small pieces
- 1 small apple, chopped into small pieces
- 1/4 cup pine nuts

Method

- Preheat your oven to 170 C. Sommerlad chooks grow more slowly than conventional white Cobb/Ross chooks so low and slow is the best way to cook a whole chook.
- Mix all the seasoning ingredients together, using just enough olive oil to combine the mixture. If you like your seasoning to hold together firmly, (like a meat loaf consistency rather than crumble), add one beaten egg as well. Spoon into the cavity of your Sommerlad chicken, pressing in lightly as you go.
- Tie the legs together with cooking string (twine) and tuck the wings under or just push the bottom flaps in to help hold in the stuffing.
- Rub the whole chook with an olive and season generously with salt and pepper. Pop it in the oven and cook for approx an hour and a half - cooking time will depend on the size of the bird.
- To check if the chicken is done, remove from the oven and insert a sharp knife or skewer into the thickest part of the leg, if the juices run clear then it is cooked. Cover with foil for 10 minutes to allow the meat to rest, then it is ready to serve.
- Make sure you save the carcass to make a delicious chicken stock.

