

Recipe

POT ROAST CHICKEN

An all-time family favourite that features at least once a month at home. Get the main structure of the pot-roast right and your choice of vegetables can vary with the season.

Serves 4

1.5kg/ 3 lb 5 oz whole fresh chicken	400g/14 oz can chopped tomatoes
1-2 tablespoons olive oil	1 tbsp Worcestershire Sauce
175g/6 oz smoked streaky bacon, chopped	900ml/pint and a half chicken or vegetable stock
1 onion, roughly chopped	225g/8 oz broccoli florets
3 garlic cloves, finely chopped	115g/4 oz frozen peas
2 bay leaves	Handful spinach, washed
2 celery stalks, cut into 1 inch chunks	115g/4 oz frozen baby broad beans
2 carrots, cut into 1 inch chunks	salt and ground black pepper
12 new potatoes, washed	
1 tablespoon fresh thyme leaves	

Method

Preheat the oven to 190C/gas mark 5.

Place a large casserole dish over a high heat on the hob, add the olive oil and when hot, add the whole chicken to the dish, turning occasionally until brown all over. Remove and set aside.

Add the bacon to the casserole dish and fry for a few minutes then add the onion, garlic, celery, carrots, potatoes, thyme and bay leaves.

Pour in the chopped tomatoes and add the Worcestershire sauce.

Sir in all the ingredients together then add the chicken stock.

Return the chicken to the casserole dish and bring to the boil. Put the lid on the casserole and cook in the oven or on top of the hob for 45 minutes to an hour. Remove the chicken and set aside in a warm place. Add the green vegetables to the pot and cook on the hob for six minutes

Carve the chicken, spoon the vegetables and broth into bowls and top with the chicken.

The Greyhound

T: 0118 972227
greyhound@awtrestaurants.com

Kew Grill

T: 020 8948 4433
kewgrill@awtrestaurants.com

Windsor Grill

T: 01753 859 658
windsorgrill@awtrestaurants.com

Antony Morrell Thompson

www.awtrestaurants.com