

How to bone and stuff and roll a chicken

Equipment: A small sharp knife. A pair of kitchen scissors. String to tie. Tin foil to wrap.

Ingredients: 1 large chicken, 6 slices of Prosciutto

Stuffing: Mix all of these ingredients together

- 350g or 12 ozs Minced veal or pork
- Grated rind of ½ a lemon
- 50g or 2ozs grated Parmesan cheese
- 2 teaspoons fresh chopped Thyme OR 1 teaspoon dried Thyme
- Salt and pepper

Method:

1 Remove the Parsons Nose and discard. Then remove the wings and reserve for soup or stock.

2 Place the bird breast side down and slit the skin along the backbone. Slide the knife into the cut and gently pull and scrape the flesh away from the ribcage.

3 Continue cutting away the flesh until you reach the leg. Cut through the ball and socket joint connecting the leg to the carcass.

4 Scrape down the leg bones and when you have almost reached the end pull out the bone

5 Repeat this process on the other side of the chicken.

6 Continue cutting and scraping the flesh from the carcass until you reach the ridge in the middle.

7 Cut the breastbone free without cutting through the skin and lift away the carcass. Use the carcass with the other bones for making soup.

8 Score the flesh taking care not to cut the skin to make an even layer of flesh.

9 Spread the slices of prosciutto over the chicken flesh°

10 Spread the stuffing on top of the Prosciutto in an even layer and roll it up

11 Tie at intervals with string and wrap in aluminium foil.

12 Weigh the finished roll and roast at 180 degrees cooking 20 minutes for each ½ kilo. Open up the aluminium foil and cook for a further 20minutes so that the chicken browns. You can check the cooking temperature with a meat thermometer. This should get to a temperature of at least 75° Celsius.

Rest the cooked chicken for at least half an hour before slicing. Leftover cooked slices can be frozen.

The uncooked Chicken can also be frozen and then thawed out thoroughly before cooking at another time.