

THE RECIPE

Lemon Chicken

CULTURE

17_07_2021



LEMON CHICKEN

This is the recipe that Joseph of Cupertino used to prepare as a child. Very easy to make, it is a healthy and tasty second course.

Ingredients (serves 4):

1 chicken weighing about 1.2 kg

2 lemons + 1 lemon for the garnish

40g butter

6 garlic cloves

A few sprigs of thyme

Oil

Salt

Black pepper

Preparation

First of all remove the chicken from the fridge at least one hour before preparing it (this is a rule for all meats: never cook from the fridge).

Rub the outside of the chicken with half a lemon; stuff the cavity with half a peeled lemon, half the butter, and the garlic cloves. Heat two tablespoons of oil in a pan with the remaining butter, place the chicken on top, season with salt and pepper, transfer the pan to a hot oven at 180° and roast for 1 hour and 15 minutes.

Halfway through cooking, sprinkle with the freshly squeezed juice of the remaining lemon and a half.

When cooked, remove the chicken from the oven and transfer it to a chopping board. With a pair of kitchen shears, cut the back and breast into four pieces, remove the wings and thighs and arrange them all in the roasting pan, or on a serving plate.

Sprinkle with finely chopped thyme and serve the roast lemon chicken immediately, garnished with lemon slices and accompanied, if so desired, by fried or roast potatoes.

(Liana Marabini)