

ROASTED CHICKEN AND VEGETABLES WITH HERBS



DIFFICULTY LEVEL: High
REQUIRES ASSIST.: Yes
PORTIONS:

INGREDIENTS

- 4 chicken legs (preferably organic)
- 200 g potatoes
- 200 g carrots
- 2 white onions
- 2 small bunches of dill
- 200 g mushrooms (can be different varieties)
- Any local edible flowers such as marigold, elder, nasturtium (optional).
- Salt to taste
- Ground black pepper to taste
- Butter to taste

METHOD

- 1 Peel and cut the carrots into even slices.
- 2 Wash potatoes thoroughly as they will be served unpeeled and whole.
- 3 Boil the whole, unpeeled potatoes in salted water for 10 minutes.
- 4 Thoroughly dry the chicken legs. Season lightly with salt and let stand at room temperature for 10 minutes before cooking. In the meantime, heat a skillet over medium-high heat.
- 5 Warm up some olive oil and butter and fry the chicken legs skin side down for 8-10 minutes, making sure that the fat does not get too hot. Turn them over. (Use a meat thermometer to check if the chicken is well cooked.).
- 6 Keep in mind that you start with the next step when you turn the leg over, so you can have all the ingredients ready at the same time. Remember that the skin must be well browned and crispy.
- 7 and insert it into the thickest part. It should reach at least 75°C. If you do not have a meat thermometer, cut into the thickest part of the chicken - the juices should run clear. The meat should be white all the way to the bone).
- 8 In a frying pan over medium heat, melt a little butter and slowly brown the boiled potatoes. Once the potatoes are ready, sauté mushrooms in the same hot frying pan to capture the flavour.
- 9 In another pan, boil the carrots, keeping in mind that they will cook faster than the potatoes.
- 9 Before serving, take the pan off the heat and mix all the vegetables, then add some chopped dill for flavour. Let stand for one minute before serving.

To serve

- 1 Pour into a large flat dish and garnish with the dill and flowers. Serve immediately.