

BUTTERMILK ROAST CHICKEN

Tender and juicy, this buttermilk-marinated roast chicken boasts golden skin and a subtle hint of orange for a fresh, flavorful twist.

NORMAL | 6 HOURS | 80 MINUTES | 4 SERVES

Ingredients

- 1.4kg -1.5kg whole chicken
- 5 garlic cloves, crushed
- 1 cup buttermilk
- 1 cup natural yoghurt
- ½ bunch dill, chopped and extra for serving
- 3 tbsp coarse salt
- 1 small orange, cut into quarters

Instructions

1. In a large bowl add the garlic, buttermilk, yoghurt, dill and salt. Mix to combine.
2. Season the whole chicken well with salt and pepper then place into the bowl and massage the chicken in the marinade until well coated. Leave the chicken breast side down in the bowl, cover with a lid or plastic wrap and refrigerate for 6 hours to 24 hours.
3. Preheat the oven to 190C fan force.
4. Take the chicken out of the fridge an hour before cooking to come up to room temp.
5. Place the chicken in the baking tray, stuff it with the orange and coat it well with olive oil. Roast for an hour and 20 minutes, turning the tray every 30 minutes to ensure even cooking. When the internal temperature of the chicken hits 75C, remove from the oven. Let it rest for 15 minutes before carving.