



Chinese Roast Chicken

Roasted chicken pieces with a honey and soy glaze, with Chinese 5-spice seasoning. The air drying of the chicken pieces produces a crispy finish.

Serves : 4
Preparation Time : 1 1/4 hours
Cooking Time : 40 minutes

Ingredients

1 medium chicken, jointed
6 fl oz / 175 ml rice wine (vodka makes a useful alternative)
5 tbsp vegetable oil
3 cloves garlic, crushed
3 spring onions, chopped
2 tbsp light soy sauce
2 tbsp runny honey
1 lemon cut into quarters

Herbs & Spices

1/2 tsp Five Spice Mix
pinch Pepper Black Coarse

Cooking Instructions

Rub the chicken pieces with the rice wine. Place on a rack to dry whilst setting up the marinade.

Combine the oil, garlic, spring onions, soy sauce, honey, five-spice mix, black pepper, with 6 tbsp water in a bowl. Coat each piece of chicken with the marinade and replace on the rack and leave to air dry in a cool, well-ventilated room for about an hour. Place a tray underneath to catch the drips.

Preheat the oven to 230C/450F/gas mark 8

Place the chicken on the drying rack in a roasting tin. brush over any remaining marinade and roast in the oven for 30 - 40 minutes or until the chicken is cooked through. The skin should be crispy and golden.

Serve garnished with the lemon wedges.