

One Pot Poached Spring Chicken



Serves 5 - 6

Prep 25 mins

Cooking 2h 10 mins

Easy

Ingredients

100g butter
1 large chicken, about 2kg
15 Jersey Royal potatoes, scrubbed & halved
100g smoked bacon or pancetta lardons
1 thyme sprig
6 white peppercorns
3 bay leaves
250g carrots, tops cut off, halved lengthways

200g bunch small turnips, peeled & halved
150g podded peas
150g podded & peeled broad beans
8 spring onions, topped & tailed, then cut into 2cm lengths
8 asparagus spears, trimmed
small handful parsley leaves, chopped
1 small tarragon sprig, leaves picked
1 lemon, cut in to wedges, to serve

1. Melt the butter in a small pan, discard the milky liquid, then pour the golden fat into a bowl & set aside – this is clarified butter. Heat oven to 150C/130C fan/gas 2. Sit the chicken in a large flameproof casserole dish, breast-side up, & arrange the potatoes & bacon around it. Pour over 1 litre of water. Add the thyme, pepper & bay, drizzle over the clarified butter & season with sea salt. Transfer the dish to the hob & heat until the liquid is starting to simmer. Cover the dish, cook in the oven for 1 hr 15 mins, then add the carrots & turnips. Pop the lid back on & put it back in the oven for another 35 mins.
2. Scatter the peas, broad beans, onions and asparagus around the chicken, submerging them in the liquid, then cover and return to the oven for a further 10-15 mins or until the vegetables are just cooked.
3. Remove from the oven, leave to stand for 5 mins, then carefully lift the chicken from the broth onto a board. If you want to crisp up the skin, blast it with a blowtorch. Stir the parsley and tarragon through the broth. Serve in the middle of the table with the vegetables and broth, and offer lemon wedges for squeezing over.#