

Name: _____

Date: _____ Block: _____

Roast Chicken, Mashed Potatoes and Gravy

Recipe Yield- 2-3 servings (add extra chicken for 3)

Roast Chicken
1 sl/bl chicken breast
1 mL salt
2 mL sage
15 mL flour
Pinch of black pepper
2 mL paprika
15 mL olive oil



Directions:

Chicken

1. Preheat oven to 450 F.
2. Mix flour, salt, paprika, sage and pepper together in a bowl.
3. Wash chicken in cold water; pat dry.
4. Rub 15mL of oil on the bottom of a baking pan with clean hands or a paper towel.
5. Rub chicken with a bit of oil and then with spice mixture and place in prepared pan. Discard any remaining spice mixture. WASH HANDS!!!
6. Bake for 20 minutes or until juices run clear when you cut into the thickest part. The chicken must be cooked through completely. NO pink!
7. Remove chicken from pan and keep warm. DO NOT wash pan or throw out the chicken drippings; save this for the gravy.

Note – this is essentially the same process as roasting a whole chicken, except with a whole chicken you can fill the cavity with a large handful of herbs, a quartered onion, a few cloves of garlic etc. Rub with oil and spices as above, then roast for about 1.5 hours, depending on the size.

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Mashed Potatoes

2 Potatoes 15 mL butter 40 mL milk Pinch of herb of choice: oregano, rosemary, pepper, sage or thyme.
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Mashed Potatoes

1. Boil water in a large saucepan with a pinch of salt.
2. Peel potatoes and give them a quick wash. If you do not peel your potatoes, scrub them well before cutting. Yukon Gold potatoes make the creamiest mashed potatoes.
3. Cut off any dark spots. Then cut the potatoes into halves, then thirds. Make sure that all the pieces are equal in size.
4. Boil potatoes until soft and easily pricked with a fork.
5. In a custard cup, heat and mix butter, milk and herb of choice: oregano, rosemary, pepper, sage or thyme in the microwave for 30 seconds.
6. Drain potatoes in a colander, then return to pot and mash while they are still hot using a potato masher until creamy and smooth.
7. Add butter and milk mixture a little at a time to the mashed potatoes.

Gravy

Chicken fat drippings or 10 ml butter 25 mL flour 1 mL black pepper pinch of salt 125 mL chicken stock 75 mL milk 2-5 ml chicken bouillon powder for colour

Gravy

1. Place roasting pan on stovetop over low heat. If there are no fat drippings, add butter.
2. Add the flour, black pepper and salt and use an egg flipper flat on the bottom of the pan to stir until smooth, making a roux.
3. Add a little of stock and the milk and stir until it is smooth, stirring constantly. Add more liquid until the gravy reaches the desired thickness over medium-low heat. Add bouillon powder if necessary to create an appetizing colour.

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4. Serve together gravy over potatoes, alongside chicken.