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Chicken Brick Recipe



Ingredients : Serves 4

1 (1 1/2 kg) chicken, oven-ready (wash and dry)
175 g shallots, peeled
175g turnips, chopped
175g carrots, peel & cut into strips
2 stalks celery, trim, scrub & cut into chunky pieces
1 lemon, cut into quarters
4 bay leaves
Fresh Tarragon
Salt
Ground black pepper
150ml dry white wine
150ml chicken stock

Method :

Preparation Time : 35 min Cooking Time : 1hr 30 min

- 1) Preheat oven to 190 degree C for 15 minutes
- 2) Place lemon pieces, some bay leaves and tarragon into clean chicken cavity and season well with salt and freshly ground black pepper.
- 3) Place half the prepared vegetables in the base of the drained chicken brick, then place chicken on top. Arrange remaining vegetables and the remaining bay leaves around the chicken.
- 4) Pour the white wine and chicken stock over all the ingredients.
- 5) Place lid of chicken brick on top to cover the chicken and roast in the preheated oven for 1hr 30min or until the chicken is cooked.
- 6) Remove chicken brick from oven. Serve and enjoy !