



Chop



Slice



Bake



Serve

## Perfect Roast Chicken



Simple and wonderful

### Ingredients

(Serves 6 people)

Medium Chicken (preferably free range)  
3 Medium Carrots  
2 Medium Onions  
2 Medium Potatoes  
Small Bunch of Thyme  
Garlic – a whole bulb  
Salt & Pepper  
Olive Oil

Heat the oven to 200°C and wash the chicken thoroughly.

Wash and chop the vegetables. Break up the garlic bulb (no need to peel).

Place the carrots, onions, potatoes and garlic in the centre of your La Cuisine roasting dish, drizzle with oil.

Sit the chicken on top, place the herbs in the cavity and rub a little oil into the skin.

Season well with salt and pepper and place in the oven for an hour and a quarter, undisturbed.

To check if cooked, pierce the chicken with a knife. If the juices run clear, the chicken is cooked.

Set the chicken aside, keep it warm and allow it to rest for about 10 minutes before carving.

**Tip:** Use the cooked vegetables to make your gravy. Simply place the roasting dish on your hob. Turn up the heat and add a little white wine and a cup of chicken or vegetable stock. Reduce the liquid for a couple of minutes, season to taste and serve (you may or may not wish to strain the gravy).

**Tip:** A teaspoon of marmalade added to the gravy at the reduction stage is a winner.



## Sea Bass & Sautéed Potatoes



You will not believe how good this is. Italy on a plate!

### Ingredients

(Serves 6 people)

1 Whole Sea Bass, cleaned with head on  
3-4 Medium Potatoes  
8-10 Cherry Tomatoes (on the vine looks good)  
6 Cloves of Garlic  
Small Bunch of Rosemary  
Salt & Pepper  
Olive Oil

Heat the oven to 150°C

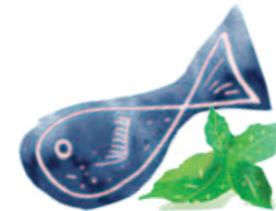
Wash and slice the potatoes into discs of about 5mm thickness (no need to peel).

Arrange/layer the potatoes in the La Cuisine roasting dish with the garlic and the tomatoes and drizzle liberally with olive oil. Make sure that all of the potatoes are coated in oil. Season with salt and pepper.

Place the roasting dish with the potatoes/garlic/tomatoes in the oven and roast for approx. 20 minutes or until the potatoes have softened and are beginning to crisp up around the edges.

Remove from the oven. Now place the rosemary in the fish cavity and then lay the fish on top of the potatoes. Drizzle some olive oil over the fish and place the dish in the oven for about 12-15 minutes or until the fish is cooked. Remove and serve.

**Tip:** Hake, cod or any firm white fish will work really well here.



## Roast Lamb with Rosemary & Mustard



Quick, easy, mouth-watering

### Ingredients

(Serves 6 people)

2.5 kg approx. Leg of Lamb  
2 tablespoons Dijon Mustard  
2 tablespoons Soy Sauce  
Chopped fresh Rosemary  
2 Garlic Cloves, crushed  
Grated Ginger – heaped teaspoon/level tablespoon  
Olive Oil – a tablespoon

Heat the oven to 220°C

Mix the mustard, soy sauce, garlic, rosemary and ginger together in a bowl and then add the olive oil to make a paste.

Place the lamb in the (large) La Cuisine roasting dish.

Spread the paste over the lamb and season well with salt and pepper.

Place in the oven at 220°C for 20 minutes before lowering the heat to 180°C and cooking for another 50 minutes. This will result in the lamb being cooked to medium.

Remove the lamb from the oven and allow it to rest before serving with creamy mash potatoes and steamed greens.

**Tip:** Don't forget the gravy (see Roast Chicken recipe).





## Roasted Piedmont Peppers

Originally discovered by Elizabeth David and published in her 1954 book, 'Italian Food', this is as good a starter or light lunch as you could ever wish for.

### Ingredients

(Serves 6 people)

2 x Large Red Peppers  
4 x Large Tomatoes  
4 x Anchovies  
A few Basil Leaves  
Black Pepper  
Olive Oil  
4 x Garlic Cloves, peeled  
Some good white bread  
for mopping up the juices  
(very important!)

Heat the oven to 180°C.

Wash and cut the peppers in half lengthways, leaving the stalk on (looks great on the plate), and remove the seeds.

Place the pepper halves in your La Cuisine roasting dish.

Put the tomatoes in a bowl and cover with boiling water. Leave for a minute or two, drain and remove the skins. Chop the tomatoes roughly.

Chop the anchovies and the garlic and add to the tomatoes.

Now place the chopped tomato/garlic/anchovy mix evenly in the pepper cavities. Drizzle about a tablespoon of olive oil into each pepper

Season with ground black pepper (the salt is provided by the anchovies).

Place in the oven for an hour.

Garnish with the basil leaves and serve. Make sure that you transfer all of the delicious juices with the peppers, to be mopped up with crusty white bread.



thought  
for food

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We hope you enjoy  
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