

Apple-Walnut Chicken

- whole fresh chicken with skin on
- salt
- MSG (monosodium glutamate)
- a quarter-stick or so butter
- white sugar
- honey
- about a cup of shelled, crushed walnuts
- salt
- black pepper
- hot Hungarian paprika
- vinegar
- savory
- sage
- cheddar cheese, shredded
- celery
- apple juice

Preheat the oven to 450-475 degrees

Prepare the chicken, and soak it in a brine containing salt and MSG.

In a pan, prepare sweet walnuts. Melt the butter, add sugar and honey to taste. After the sugar is dissolved but before the butter browns add the walnuts, and toast 2-4 minutes. Add salt black pepper and paprika to taste, add the vinegar to taste, and remove from the heat.

Rinse the chicken off, inside and out, and remove the wing-tips. Dry the bird inside and out, and rub with salt, black pepper, paprika, savory and sage.

Using a paring knife, gently separate the skin from the chicken so as to form a pocket. Combine shredded cheddar cheese with the sweet walnuts. Stuff the cavity between the skin and the bird with the mixture.

Wash and chop the celery into large pieces, and put inside the cavity of the bird with a little apple juice.

Place the bird breast side up on a lightly oiled roasting rack in a 9" x 13" baking pan.

Pour some apple juice in the bottom of the pan. Cook the chicken!

Ideally put a meat thermometer in, and cook until it measures 170 degrees Fahrenheit in the thigh. It'll take about 11-14 minutes a pound.

Let stand for 5 minutes before carving, while getting everything else on the table. Then serve.

Serves: About one person per pound.

Preparation time: two or three hours

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