



Roast chicken with dark beer

15'
Hands on

90'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

- Place a [pan](#) over medium-high heat and let it get very hot.
- Add 1 tablespoon of olive oil.
- Coarsely chop the onions, finely chop the garlic and add them to the pan along with some thyme.
- Sauté until nicely caramelized.
- Preheat the oven to 180* C (350* F) set to fan.
- Wash the baby potatoes, cut them in half leaving the peel on, and transfer to a [baking pan](#).
- To the pan with the onions and garlic, add 500 g of dark beer, balsamic vinegar, honey, and vegetable bouillon powder. Set the rest of the beer in the can aside.
- Remove from heat, add to the baking pan with the potatoes and mix thoroughly.
- Make a space in the middle of the baking pan and place the can with the rest of the beer in it.
- Stuff the rosemary and thyme sprigs in the can.
- To the chicken, add 2 tablespoons of olive oil and 1 tablespoon of vegetable bouillon powder. Spread over the surface of the chicken to coat.
- Place the chicken standing straight up over the beer can (to help keep it up) so that it roasts evenly.
- Roast for 1 ½ hour.
- When ready, remove from oven, remove the beer can, and cut the chicken into portions.
- Remove the baby potatoes from the pan and set aside.

For the sauce

- Place a pan over heat and add the sauce from the pan.
- In a small bowl, combine the corn starch with some cold water.
- Add to the pan and simmer until the sauce thickens.
- When ready, transfer sauce to a clean bowl.
- Serve the chicken with the potatoes and sauce. Sprinkle with fresh oregano and rosemary.

Ingredients

For the chicken

- 3 onions
- 2 tablespoon(s) olive oil
- 2 clove(s) of garlic
- 3-4 sprig(s) thyme
- 1 1/2 kilo baby potatoes
- 660 g beer, dark
- 50 g balsamic vinegar
- 2 tablespoon(s) honey
- 2 level tablespoon(s) vegetable bouillon powder
- 3-4 sprig(s) rosemary
- 1.200 g chicken
- 2 tablespoon(s) olive oil

For the sauce

- 1 tablespoon(s) corn starch
- 2 tablespoon(s) water

To serve

- oregano
- rosemary

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|----------------------|-----------------------------|----------------------------|
| 419 Calories (kcal) | 9.4 Total Fat (g) | 2.0 Saturated Fat (g) | 42.0 Total Carbs (g) |
| 21% | 13% | 10% | 16% |
| 13.0 Sugars (g) | 38.0 Protein (g) | 5.3 Fibre (g) | 0.46 Sodium (g) |
| 14% | 76% | 21% | 8% |