

Jamie Oliver's Chicken in Milk

Ingredients

1 whole 3-4 pound chicken
Olive oil
½ stick cinnamon
1 “good handful” of fresh sage
2 lemons
10 cloves of garlic
2 ½ cups milk

1. Preheat the oven to 375°F.
2. Season the chicken generously all over with sea salt and black pepper, then fry in a snug-fitting pot with a little oil until golden, turning the chicken to get an even color all over.
3. Remove from the heat, put the chicken on a plate, and throw away the oil left in the pot. You'll be left with tasty sticky goodness at the bottom of the pan which will give you a lovely caramel flavor later on.
4. Put your chicken back in the pot with the cinnamon, sage leaves, lemon zest, unpeeled garlic cloves and milk.
5. Cook in the hot oven for 1 hour 30 minutes, or until cooked through, basting with the cooking juices when you remember. The lemon zest will sort of split the milk, making a sauce which is absolutely fantastic.
6. Pull the meat off the bones and divide it onto your plates. Spoon over plenty of juice and the little curds. Serve with wilted spinach or greens and some mashed potato, if you like.

Source: www.jamieoliver.com