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TO: Shivaun O'Donnell at ATISCSBO  
Subject: Cooking travails

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You seem to be changing into a cooking fanatic. About time. Does it have anything to do with the new house and that you want to dignify life therein with some real food for a change. Whatever the reason, good luck. The lemon chicken is simple. Salt it inside and out fairly liberally; use your judgment as to how much you put on the outside. Certainly not pounds. Maybe a teaspoon or two. Then take a lemon, roll it on a flat surface to loosen it up a bit, then poke it full of holes with a fork ( the lemon, not the chicken) . Insert it gently inside the chicken and put it in the oven on a rack in the upper middle portion of an oven heated to about 400-425 degrees F. Cook until it gets nicely brown on the outside and the skin puffs up a bit. It may take an hour or an hour and fifteen -thirty minutes , depending on the size of the chicken. Don't scorch it or try clever approaches such as doing it on the defrost level. The juices should run clear--yellowish-when you poke the thigh with a fork. Then remove the chicken and pan from the oven. Press down on the lemon with a spoon to release some of the juices. The juices from the lemon and the chicken should do for the gravy. You don't have to thicken it.

As for the salad oil. I like to use proportions of three portions good olive oil to one of red wine vinegar. Don't use balsamic vinegar--or other flavoured vinegars-- unless you insist. How much salt or pepper you add is up to you. Try to stay a little short of gagging/choking levels. You can check this yourself when you mix up the oil and vinegar. Too little is better than too much. Mom will add to this recipe, but at the moment she is having a nose bleed. More later.  
Dad