

Fruit Baked Chicken

Ingredients

for the stuffing -

1 Tsp Fresh Lemon Juice
1 Small Onion, chopped
60g / 2Tbs Chopped Mixed Dried Fruit
20g / 1.5Tbs Melted Butter
1/2 Cup Dried Pumpkin Seeds
Ground Pepper to Season
1/2 Tsp Ground Cumin

for the chicken -

1 x 1.8kg (2lb) Chicken
1/2 Tsp Ground Pepper
1/2 Tsp Ground Cumin
1 Tbs Fresh Lemon Juice
30g / 2Tbs Melted Butter

Procedure

- 1) Combine all of the stuffing ingredients. Trim any excess skin and fat from the neck and rear of the chicken. Force the stuffing into the cavity of the chicken, compacting it as much as possible. Tie the drumsticks securely enclosing the filling.
- 2) Combine all the other ingredients and brush these over the skin of the chicken.
- 3) Roast the chicken in a pre-heated oven (180c / 350F) for 90 min, until crisp and golden.

Fruit Baked Turkey

Ingredients

for the stuffing -

3 Tsp Fresh Lemon Juice
1 Large Onion, chopped
150g / 6oz Chopped Mixed Dried Fruit
5Tbs Melted Butter
10 Pieces Sundried Tomato, chopped
90g / 3oz Seedless Raisins
1 Cup Dried Pumpkin Seeds
Ground Pepper to Season
1.5 Tsp Ground Cumin

for the turkey -

1 x 3.6kg (8lb) Turkey
1 Tsp Ground Pepper
1 Tsp Ground Cumin

2 Tbs Fresh Lemon Juice
60g / 4Tbs Melted Butter

Procedure

- 1) Combine all of the stuffing ingredients. Trim any excess skin and fat from the neck and rear of the Turkey. Force the stuffing into the cavity of the turkey, compacting it as much as possible. Tie the drumsticks securely enclosing the filling.
- 2) Combine all the other ingredients and brush these over the skin of the turkey.
- 3) Roast the turkey in a pre-heated oven (160c / 325F) for 3 hours, until crisp and golden.

(roast any style turkey - 160C / 325F - for 20-25 min per pound (450g))