



Pollo Alla Toscana

CHICKEN

One of the best testaments to a good roast chicken is when, no matter how much you ate from your dinner plate, you're compelled to slip into the kitchen to snag the perfect piece of crispy skin, or to pluck some last bits of meat from along the breastbone.

When entertaining friends, I am always conscious of how people prefer to eat a lighter main course, whether fish or chicken, rather than red meat. I've come up with a wide variety of chicken dishes here. Though some are more formal than others, they are all packed with flavour. Colour is crucial, whether it be for the Chicken Teriyaki or a simple Spatchcocked Baby Chicken with lemon and oranges under the skin.

There doesn't seem to be much to it but this humble fare provides profound, comforting satisfaction when done well. The key to a perfect chicken isn't complex; it's a matter of bringing out great chicken flavour and keeping the meat succulent and juicy through high heat.

Salt and pepper are *de rigueur* when it comes to seasoning and when you have a perfect piece of chicken, those alone can suffice. For a little panache, replace the standard salt with simple herbal salt or some sauce. Other natural candidates include garlic, herb sprigs, chopped herbs, quartered lemon and onion.

Chicken really can be dazzling without needing to be dressed up. As a matter of fact, the most perfect chicken is often the one with the simplest preparation.

Chicken And Pea Phyllo Spirals

Deconstructed Chicken Teriyaki

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Marinated Chicken Souvlaki

Spicy Grilled Chicken Salad With
Pomegranate Dressing

Lemon Spatchcocked
Baby Chickens