

PERUVIAN STYLE ROAST CHICKEN

Malwine Steinbock

INGREDIENTS

120 MINUTES 4 SERVINGS

For the Chicken:

3 tablespoons extra virgin olive oil

Juice from 2 limes

4 garlic cloves, roughly chopped

1 tablespoon salt

2 teaspoons sweet paprika

1 teaspoon black pepper

1 tablespoon ground cumin

1 teaspoon dried oregano

2 teaspoons sugar

4 pound/ 2-3 kg whole chicken

For the Green Sauce:

2 jalapeño chili peppers, seeded if desired (I use about half the seeds for a medium-hot sauce), and roughly chopped

1 cup fresh cilantro leaves

1 clove garlic, roughly chopped

1/2 cup greek yoghurt

1/4 cup Philadelphia cheese

(you can also use mayonnaise and sour cream instead)

1 tablespoon fresh lime juice, from one lime

1/2 teaspoon salt

1/8 teaspoon freshly ground black pepper

2 tablespoons extra virgin olive oil

TAGS

#grilled #oven #peruvian





1

Gather your ingredients. Wash the chicken under cold water, inside and out and pat dry with a kitchen towel. (Remove the giblets from the inside first and have them removed at the butcher).



2

Combine all of the spices, lime juice and olive oil in a blender or mini food processor, and blend until smooth.



3

It will look like this and already starts to smell really nicely.





4

Place the chicken on a tray or bowl with the legs facing you. With the handle of a wooden spoon or your hands, loose the skin from the flesh on breast and legs, being careful not to tear the skin or push all the way through. Spoon about 2/3 of the marinade evenly underneath the skin, and spread the remaining 1/3 evenly over the skin.



5

Marinate the chicken in the refrigerator for at least 6 hours or overnight. Adjust the oven rack to the lower-middle position, and preheat the oven to 425 degrees/ 210 Celsius. Line a roasting pan with aluminum foil for easy clean-up. Spray a rack (preferably a v-shape) with non-stick cooking spray and place the chicken on top. Tie the legs together with kitchen string. Roast for 20 minutes, until the skin is golden, take care that it doesn't burn. Turn the heat down to 375 degrees/ 175 Celsius, and continue to roast for about an hour and ten minutes more, or until the juices run clear when you cut between the leg and thigh. (Keep an eye on it -- if it's browning too quickly, cover it loosely with foil.) Tent the chicken with foil and let rest for about 20 minutes. Tilt the chicken over the roasting pan to release the juices, then transfer to a cutting board. Carve the chicken and serve with green sauce.



6

While the chicken is in the oven, prepare the green sauce.





7

Chop the coriander and garlic roughly, place in a blender or small food processor together with the lime juice, olive oil, greek yoghurt, salt and pepper. I used just a few seeds from the jalapeños but it turned out very hot, so this is fully up to you. I'd recommend to start without and add the seeds for more spiciness if needed.



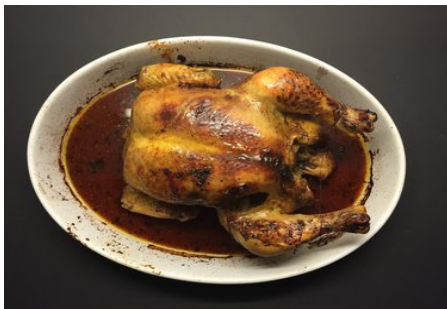
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Blend until smooth. You might have to stop and scratch down the herbs from the walls of the blender. Add more oil, lime juice or yoghurt if the mixture doesn't blend well. Liquid will help.



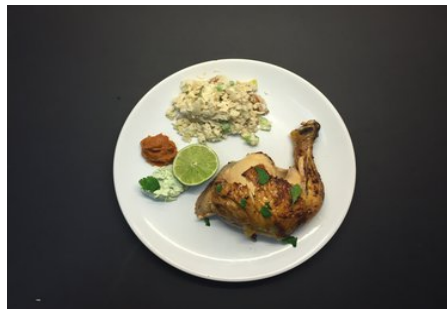
9

The sauce turned out so hot because of some extremely hot jalapeño peppers, that I took a large spoonful of Philadelphia and just a teaspoon of the sauce to get a smooth taste.



10

Your chicken has roasted for about 1.30 h. Chicken should never be raw when served, so make sure the meat is all cooked and tender.



11

Serve with a slice of lime, coriander and the green sauce. I also had some leftover homemade ketchup with chipotle flavor and served it with a Waldorf Salad - not exactly a Peruvian dish but it was just delicious!

