

# COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



# CHICK THIS OUT!

## Lekker roast chicken recipes to make gou kyk

### OVEN ROAST CHICKEN

Recipe Credit by Farzana Kumandan @sprinklesandspice

**Ingredients**

- 1-2 chickens cut in pieces (skin on)
- Veg of your choice
- 1 onion cut in chunks
- 1 large head garlic clove
- 1 sprig rosemary and thyme
- 3 tbsp braai spice
- ¼ cup oil
- Salt and pepper to taste
- Additional veg of your choice

**Method**

Wash and clean the chicken and veg and allow excess water to drain off.  
 In a large black oven tray add the chicken, veg, garlic, spices and oil and mix well.  
 Cover the tray with foil and bake in a preheated oven on 180°C for 40 minutes.  
 After 40 minutes, remove the foil and pour out the excess water.  
 Grill on 200°C for 10-15 minutes until the chickens are roasted to perfection.  
 Or air fry in smaller batches for 30 minutes, turning halfway.  
 This can also be made on a stove top.  
 Add in little bits of water at a time and simmer on a medium to low heat for 30-40 minutes

### PEPPER CRUSTED CHICKEN WINGS

Recipe Credit by Farzana Kumandan @sprinklesandspice

**Ingredients**

- 12 chicken wings
- 2 heaped tsp coarse black pepper
- ½ tsp lemon pepper
- 1 heaped tsp white pepper
- 1 tsp dried garlic flakes
- ¼ cup oil
- Salt to taste



**Method**

Rinse the chicken, allow all excess water to drain off and pat dry with a roller towel.  
 In a large bowl the chicken, garlic, spices, and oil and mix well.  
 Transfer to a baking tray, lined with baking paper.  
 Grill in a preheated oven, uncovered for 30-40 minutes or air fry in smaller batches for 20 minutes, turning halfway.

### TIKKA ROAST CHICKEN

Recipe Credit by Farzana Kumandan @sprinklesandspice

**Ingredients**

- 1kg chicken pieces
- 1 tsp garlic and ginger
- 2 heaped tbsp Tikka Spice (add 3 tbsp if you prefer a bite)
- 2 tbsp lemon juice
- 2 tbsp oil
- \*Marinate chicken with all the above for at least an hour or overnight.
- Additional Ingredients
- 4 large potatoes peeled and cut in wedges
- 100g butter
- 3 large garlic cloves roughly chopped

Fresh coriander for garnish

**Method**

In a thick large, wide based pan or pot add the butter until it melts and starts to bubble and foam.  
 Reduce the heat and add in the chicken and potato, and pack covering the base. (Next to each other not on top)  
 Add in the garlic and allow to brown.  
 Once brown, turn over (do not stir) and allow the other side to brown  
 Add in 1½ cups of water, reduce heat and simmer for 35 minutes.  
 If your heat is too high and



the water dries up before the chicken and potato is done, add in ½ cup of water at a time (not more).  
 Once potato is soft and chicken is done, garnish with fresh coriander and serve with Roti.

### LEMON PEPPER & ROSEMARY CHICKEN

Recipe Credit by Farzana Kumandan @sprinklesandspice

**Ingredients**

- 1-2 kg chicken pieces (skin on)
- Potatoes or sweet potatoes cut in chunks
- 4 gem squash cut in quarters
- 1 butternut cut in chunks
- 1 large onion cut in chunks
- 1 large head garlic clove
- 1 finger size sprig rosemary (or thyme or mixed herbs)
- 1 small lemon cut in small wedges
- 1 tsp coarse black pepper
- ½ tsp lemon pep-

- per 1 tablespoon white pepper
- 2 tablespoons BBQ or braai spice
- ¼ cup olive oil
- Salt to taste
- Additional veg of your choice

**Method**

Rinse the chicken and vegetables and allow all excess water to drain off.  
 In a large oven tray add the chicken, veg, garlic, spices and oil and mix well.  
 Cover the tray with foil and bake in a preheated oven on 180°C for 40 minutes.  
 After 40 minutes, remove the foil and



pour out the excess water.  
 Add 4 tablespoons butter and grill on 200°C for 20 minutes until the chicken and vegetables are roasted to perfection or air fry in smaller batches for 30 minutes, turning halfway.  
 This can also be made on a stove top, add in little bits of water at a time and simmer on a medium to low heat for 30-40 minutes until cooked.

### BUTTER CHICKEN MASALA ROAST

Recipe Credit by Farzana Kumandan @sprinklesandspice

**Ingredients**

- 3 tablespoons butter
- 1 kg chicken pieces
- 1 teaspoon garlic and ginger
- 1 teaspoon heaped teaspoon cumin (fine jeera)
- 1 teaspoon heaped teaspoon coriander (fine koljana)
- 3 teaspoons tandoori spice
- 1 teaspoon turmeric
- 1 tablespoon lemon juice
- 2 tablespoons oil
- 3 tablespoons double cream yoghurt
- ½ cup tomato sauce
- \*Marinate chicken with all the above for at least an hour or overnight.

**Method**

In a thick large, wide based pan or pot add the butter until its melts and starts to bubble and foam.

On a medium to high heat, add in the chicken and pack covering the base. (Next to each other not on top and keep the remaining marinade aside)  
 Fry for 2 minutes and turn over (do not stir) and allow the other side to brown  
 Add the remaining marinade and stir until well coated and cook for 1 minute only.  
 Transfer to an oven roasting dish add 3 additional teaspoons of butter and roast uncovered on 180°C for 30-40 minutes.  
 Once chicken is done, garnish with fresh coriander and serve with Roti.



YOU'LL LOVE THIS: Oven Roast Chicken

### GARLIC AND LEMON PORTUGUESE INSPIRED CHICKEN

Recipe Credit by Farzana Kumandan @sprinklesandspice

**Ingredients for marinade**

- 2kg chicken pieces cut and washed
- 2 heaped tbsp garlic and ginger
- 2 tbsp Cajun spice
- 1 tsp paprika
- 1 tsp coriander
- 1 tsp cumin
- ¼ cup olive oil
- ½ cup Nola mayo
- ½ cup all gold tomato sauce
- The juice of ½

- lemon
- Ingredients for the Sauce
- 2 tbsp butter
- 1 tbsp Cajun spice
- 1 tsp Paprika
- 250-350ml fresh cream (depending on your heat preference)
- 250ml Garlic and Lemon Peri Peri Sauce

Marinate the chicken with all the above marinade ingredients  
 Place in an oven tray lined with baking paper and bake on 200°C for 45 minutes (on the lower rack).  
 On the stove top, over a medium heat bring all your sauce ingredients to boil until it slightly



thickens and starts to bubble.  
 Pour the sauce over the chicken, grill for 5 minutes and enjoy with your favourite sides.