



How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Peter Charlton has found that is designed for use by lads who are not "big time cooks". This is because: It is easy, requires little washing up, it is not time critical and it can be expanded to feed a large group. It is

easy to make and delicious. We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious.

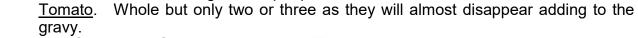
## CHICKEN-IN-A-BAG: a family feast.

## Ingredients

- One uncooked chicken plus several uncooked chicken drumsticks. The chicken by itself will feed five-ish but if there are more to feed just add extra drumsticks, one for each person.
- A wide variety of vegetables is both good for the health conscious but helps make the dish look good.

Potatoes. Cut them to a size that is two mouthfuls. One per person.

Onions. Whole and small otherwise they will not be cooked through. One per person.



Red Capsicum. Cut into large pieces. The red colour looks good on the plate. Allow 1/2 per person.

Zucchini. Large and whole. Allow 1/2 per person.

Green Capsicum. Cut into large pieces. Allow 1/2 per person.

- One extra large Oven Bag.
- Pepper and salt to taste.

## Method

0

 $\Diamond$ 

- Put the chicken in the bag and place in a baking dish, breast up.
- Turn oven to 200C.
- Insert the zucchini in the chicken cavity (this will reduce the heat and stop them over cooking).
- Spread the drumsticks and vegetables around in the bag.
- Add the pepper and salt.
- Seal the Oven Bag but make one small hole in the top to let the steam out.
- Cook in oven for 1 hour 40 mins. (but another 20 minutes will not cause trouble)
- There will be a lot of juice in the bag that will make excellent gravy.

**Bon Appétit!** 

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.



healthy snack