



SHEDDER'S COOKBOOK

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.
 - ◇ Tomato. Whole but only two or three as they will almost disappear adding to the gravy.
 - ◇ 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

- 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**