



Coque Atlantique

Thoroughly gut and clean the chicken, then dry. Season the meat from the inside with salt, pepper and paprika powder. If you prefer it more spicy, use extra spices.

Put the vegetables into a deep baking dish, also season with salt and pepper, add thyme and other vegetables if you prefer.

Sprinkle the poultry with olive oil. The best way is by using a bottle while closing off the opening with a thumb and only letting it dribble out. Swing the bottle above the chicken. All excess oil will be caught in the bed of vegetables.

Put the dish into the oven set at 130–150°C (260–300°F). Put a large bowl of water beside the baking dish in order to prevent drying out. Cook the meat for at least two hours. Put a meat thermometer deep into the breast meat and opt for a core temperature of 85°C (185°F). The temperature should not be below 75°C (165°F) to reduce the risk of salmonella.

The lower the temperature, the longer the cooking time and the more tender the meat. Feel free to play with the temperature. In order to create a crispy skin, increase the temperature towards the end of cooking.

Enjoy this classical French Christmas dish together with 4 to 6 friends or relatives.

Bon appetit



Prep Time 30 min

Cook Time 2 h

Servings 4 to 6

Ingredients

- 1 large chicken
 - Salt, pepper & paprika powder
- 500 gr Champignon mushrooms
- 4 Sweet peppers
- 4 onions
- 8 Potatoes, cut in half and tossed in butter
- 5 thyme sprigs
- Olive oil