



WHOLE ROAST CHICKEN

By Peter Spyros Goudas

Mr. Goodbar's



ROAST

CHICKEN (WHOLE) with Carrots, Onions and Bell Peppers

A whole Roast Chicken is a wonderful alternative on a special occasion.

We hope our recipe will assist you in dazzling your guests with your culinary skills. Do not be alarmed, it is quite simple.



Pick up a nice, healthy, plump chicken from your butcher, or grocery meat department.

You will also need the following ingredients: carrots, 2 onions, 2 bell peppers, salt, black pepper, garlic powder, lemon, Mr. Goudas Trinidad Style Hot Sauce, Extra Virgin Olive Oil, fresh garlic.

Once at home, place the Chicken in a colander and wash thoroughly under running water. Insert your hand into the cavity and remove the clear bag which contains the neck, giblets and liver. Wash the cavity and these parts also.

Do not be afraid it will not bite you. You are in control.

Rinse the inside of the cavity. Using your fingers, remove excess fat and tissue about the backbone of the Chicken

Drain and transfer to a large baking casserole or roasting pan, placing the Chicken on its back. (You may place the neck, giblets and liver to the side of the chicken.)

Sprinkle with salt, black pepper, garlic powder, juice of half a lemon on the outside and on the inside cavity.

(Make sure you read my Lemon Tree story which is incorporated into the Recipes and the Books and Articles Section of mrgoudasbooks.com website.

I guarantee you that you will laugh like you never have before.)



Wash your hands.

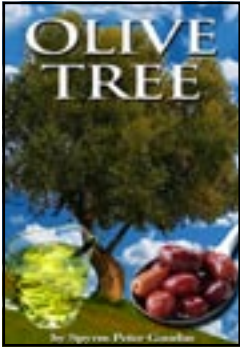
Wash the vegetables. Peel Carrots and cut into 3 or 4 pieces. Cut onions into quarters, slice bell peppers in 3 lengthwise. Chop 2 or 3 pieces of garlic into small pieces.

Heat oven to 375 degrees.

Toss a few pieces of onion and garlic into the cavity of the Chicken and arrange the vegetables around the Chicken in the roasting pan.

Add 1 or 2 tablespoons of Mr.

Goudas Trinidad Style Hot Sauce to 1/3 cup of water. Add a generous pour of Extra Virgin Olive Oil and blend ingredients with a fork.



(Read my book, The Olive Tree on the aforementioned website and you will learn all you need to know about Olives, Olive Oil and Extra Virgin Olive Oil.)

Pour over the Chicken and Vegetables and into the cavity of the Chicken.



(The Trinidad Style Hot Sauce adds a wonderful spicy flavour to any dish. It is a full bodied and flavourful hot sauce with papaya.

I want you to know that this pepper sauce is very addictive.)

Cover, place in the oven for approximately 1 hour and 15 minutes depending upon the size of the chicken.

Check to ensure that all is well, meaning there should be a delicious aroma upon removing cover of roasting pan, chicken is golden brown, that there is adequate liquid in the pan, vegetables (and chicken) not burnt.

You may tip the roasting pan and baste the chicken with the liquid.

Your Chicken is cooked when the thighs are slightly falling off, or when you prick it with a fork or slice the breast, the juices flow out.

Remove from oven. Carve after 15 to 20 minutes, or at the table.

Scan our Recipes for the perfect accompaniment to your Roast Chicken, for example, Rice, Rice and Kidney Beans, Pasta, Potatoes, French Fries, Salad, Snow Peas, etc.

We have a wide selection to choose from.

Note: Mr. Goudas brand has a line of spices (approximately 20) to complement any meal.



Rosemary, thyme and paprika are wonderful spices for chicken.

Remember that moderation is a key factor in a healthy lifestyle.

Should you be wondering, yes chicken do have feet! However, only certain cultures enjoy them. Orientals and Philipinos love them and people from the Caribbean enjoy a delicious and nourishing Chicken Foot soup.

You must however, be adept at cleaning them appropriately.

When I was a little boy in Kalamaki, Athens, Greece, I thought people only ate the chicken neck.

I was born in 1942 right in the middle of World War II (WWII) when even a slice of bread was a luxury. The Chicken Neck was delicacy.

My family was fortunate that my father's sister, my aunt Alexandra, whom I loved and communicated with until she passed away at the age of 98 and in good health.

Each and every Sunday, promptly at 12 midnight, which was 7:00 a.m. in Greece, her breakfast time, we spoke on the telephone.

Aunt Alexandra was my favourite relative. She never married and basically spent her lifetime babysitting and diapering her mother who passed at age 106.

What does this have to do with the Chicken story?

Let me explain to you, she related to the Chicken topic.

Aunt Alexandra worked at the Airport as a Cleaning Lady at night.

At the Athens Airport kitchen the food for Airline meals were prepared.

At the time the Athens Airport was one of the busiest because it the con-

necting centre for flights throughout Europe and the Middle East.

Chicken was a main course in transit. However, the Chicken Necks were discarded.

Aunt Alexandra received permission from the Supervisor to collect the discarded Chicken necks once a week because she did her job well.

OH WHAT HAPPY, NEWS.
WE HAD CHICKEN IN OUR HOUSE!

With the bag of Chicken Necks provided by Aunt Alexandra, my mother who was from Smyrna, Asia Minor, was very creative in Cooking:

A gift that women from Asia Minor possessed.

So, on Monday nights, the family, including four kids and a couple of kids from the neighbourhood had Rice and Chicken.

On Tuesday night, we had Potato and Chicken. On Wednesday Night, we had Carrots and Chicken, and so on, and so on, either in Tomato Sauce or in Lemon Sauce or in a Rice Soup, or, or, or.

We became professionals in Chicken Eating.

You could put the whole Chicken Neck in mouth and suck it to the bone, you could chew the bones, lick the meat off.

We became the authority in eating chicken Necks.

Everything going smoothly, until my mother took me to a friend's house where we were supposed to have dinner.

I heard from my mother that they were going to serve us Chicken. Well, I was anticipating my regular thing. You know what I mean: My necks, my beautiful necks.

However, when my plate arrived, I looked at the food and saw two strange objects.

I was speechless, surprised, puzzled! I scratched my head and wondered. I asked her "What is in the plate Mummy?"

She told me that it was Chicken. I responded, this is not the Chicken I know. This Chicken has a foot and a wing. **OUR CHICKEN DOES NOT HAVE FEET AND WINGS. THIS IS NOT THE CHICKEN THAT I KNOW MUMMY!"**

I asked her if I could pass since I was not hungry tonight.

I then received the explanation that Chickens have legs and wings too.

AT AGE 4 or 5, I REALIZED THAT THERE WAS MORE TO THE CHICKEN THAN THE NECKS.

How do you like my story? I hoped that I made you smile, if not, I will have to come over personally and tickle you and punish you by having you eat wings and legs only, and you will never know

the wonderful, mouthwatering taste of the Chicken neck.

On a serious note, I think that there are people in this world, who, although born during, just before, or in the middle of the World War Two (WWII) and have been through **HUNGER, WOULD AFFIRM THAT ONE OR TWO CHICKEN NECKS WOULD HAVE BEEN A GIFT FROM GOD.**

BBQ MEATS ASSORTED

Lamb Chops, Sausages, Shiskabobs, Steaks Ribs, Chicken, fish, Yellow Peppers Bell Peppers

Everyone loves a BBQ.

Barbequing on a warm, summer day is a **CANADIAN TRADITION** at home in the backyard, at the cottage, the trailer park, the beach, at the park, before a football game or on the balcony (which is not recommended)

In fact, some Canadians will BBQ on any warm day, any season of the year.

Once the weather begins to warm up, our stores have a diverse assortment of BBQs to please everyone, from the beginner to the gourmet.

Updated flyers with specials may be found of the www.flyermall.com.

Even restaurants with patios, especially in Greektown on the Danforth, specialize in BBQ meats, lamb, chicken, pork, steaks, ribs, hamburg-

ers, hot dogs, and shiskabobs!

Ideally, it is preferable to marinate the meats overnight for that good to the last bite goodness.

Heinz, Kraft and Diana sauces are abundant.

However, you may spice up the flavour with the Mr. Goudas line of spices, add some heat with Mr. Goudas Trinidad Style Hot Sauce and dip your BBQ delights in Mr. Goudas Tamarind Sauce and honey.



You may also add more Caribbean Island Flavour to your BBQ with Mr. Goudas Jerk Seasoning or Sauce. Feeling hot, hot, and hot!



The Mr. Goudas line of Spices (20+) are ideal.

You will have to be rolled or wheeled to your vehicle, should you be outdoors.



Cool down the heat with one of the Mr. Goudas Sparkling Colas in the following Refreshing flavours: Root Beer, Cola, Ginger Ale, Pineapple, Club Soda, Cream Soda and Orange!

Check out your supermarket or Independent grocery outlet For the distinctive and Flavourful labels.

Today is March 24, 2012 in 5 days I will be reaching another Milestone.

I thank the Lord, again and again for the shape I am at this stage of life!

Happy 70th Birthday to Me!
Happy Birthday to Me!
Happy Birthday to Me!
Happy Birthday,
Spyros Peter Go(oo)udas!
Happy Birthday to Me!

This wonderful Roast Chicken with Vegetables recipe is my birthday present to you, and all my loyal customers.

Thank You!

Spyros Peter Goudas



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