

A close-up photograph of a whole roasted chicken on a metal tray. The chicken is golden-brown with some charred spots. It is surrounded by several slices of roasted citrus fruit, likely lemons or oranges, which are also golden-brown. The tray is filled with a dark, rich sauce or oil. The background is dark and slightly blurred.

ROASTS

Laura Mason



Apple Sauce

Apple sauce is a traditional accompaniment for pork and goose. It is very simple to make: peel and core 2 large Bramley apples, then cut into small pieces. Cook gently in a small pan with just enough water to prevent them from sticking. Stir frequently. Once they have become a purée, add about 3 teaspoons of sugar, or to taste.

Caramelised Apples

These are good served with pork, goose or duck. If serving with duck, add a little grated orange zest at the end. The apples must be a firm-fleshed type that will keep their shape when cooked.

SERVES 4-6

30g (1oz) unsalted butter
3 large apples (Cox's or a
dryish, aromatic eating
apple), peeled, cored and
sliced, but not too thinly
a piece of star anise (optional)
1 dessertspoon cider vinegar
2 tablespoons sugar

Melt the butter in a heavy frying pan and add the apple slices, and the star anise if using. Cook gently, stirring frequently, until the apple is softening and has become slightly transparent. Add the cider vinegar, then the sugar and continue to cook until the apple begins to caramelize. Serve tepid.