TIPS FROM CHEF LUDO

- **THE MORE YOU BASTE THE SKIN OF THE CHICKEN, THE CRISPIER IT WILL BECOME**

NOTE: BEFORE ADDING NEW FOOD ITEMS TO A CHILD'S DIET, CONSULT YOUR PEDIATRIAN.

LUDO BABY BITES for bugaboo

RECIPE 2

GRANDMA'S ROAST CHICKEN

INGREDIENTS

FOR CHILDREN 6 MONTHS+

CHICKEN:

WHOLE ORGANIC CHICKEN
2 BUNCHES OF FRESH ROSEMARY
2 LEMONS
2 BUNCHES OF FRESH THYME
1 WHOLE GARLIC BULB
4 TABLESPOONS OF BUTTER
OLIVE OIL

RICE:

2 CUPS BROWN RICE
5 CUPS OF WATER
1 BUNCH FRESH CILANTRO
¼ LEMON
FLEUR DE SEL
GROUND WHITE PEPPER

COOKING DIRECTIONS

1- PRE-HEAT OVEN TO 425 DEGREES.
DRY THE CHICKEN WITH PAPER TOWEL TO REMOVE EXCESS WATER (EVEN IF FRESH).

2- STUFF THE CHICKEN CAVITY WITH ONE BUNCH OF ROSEMARY, A FEW BRANCHES OF THYME, ONE WHOLE LEMON (QUARTERED) AND ½ OF ONE WHOLE GARLIC BULB. SPREAD 2 TABLESPOONS OF ROOM TEMPERATURE BUTTER OVER ENTIRE SKIN OF CHICKEN.

3- HEAT CAST IRON SKILLET OVER MEDIUM HEAT AND LIGHTLY COAT THE BOTTOM OF SKILLET WITH OLIVE OIL. SEAR THE SIDE OF THE GARLIC BULB IN OIL. ADD ONE BUNCH OF FRESH ROSEMARY AND THYME (CHOPPED SLIGHTLY) AND ONE LEMON, QUARTERED, TO SKILLET. ADD TWO TABLESPOONS OF BUTTER. RUB GARLIC BULB ON BOTTOM OF SKILLET TO INFUSE ALL HERBS WITH THE GARLIC JUICE AND LEAVE BULB IN SKILLET. PLACE WHOLE CHICKEN ON TOP OF HERB MIXTURE AND PLACE SKILLET IN OVEN. BASTE CHICKEN WITH BUTTER AND HERB MIXTURE IN PAN EVERY 5 MINUTES, FOR THE FIRST 20 MINUTES. REDUCE HEAT TO 350 AND COOK FOR 45-50 MINUTES. CONTINUE TO BASTE EVERY 5-10 MINUTES*.

4- WHILE CHICKEN IS COOKING RINSE RICE AND ADD TO MEDIUM POT WITH WATER. ADD A FEW STEMS OF FRESH CILANTRO AND ¼ LEMON TO RICE/WATER MIXTURE. BRING TO BOIL SLOWLY AND COOK ACCORDING TO TIME INSTRUCTIONS ON RICE PACKAGING. BE SURE TO STIR.

5- CUT AND SERVE CHICKEN AND RICE FOR ADULTS, ADDING FLEUR DE SEL (OR KOSHER SALT) AND GROUND WHITE PEPPER TO TASTE. DRIZZLE JUICE DRIPPING FROM PAN OVER PLATED CHICKEN.

6- CUT AND SERVE CHICKEN AND RICE.

FOR THE FAMILY

ADD FLEUR DE SEL (OR KOSHER SALT) AND GROUND WHITE PEPPER TO TASTE. DRIZZLE JUICE DRIPPING FROM PAN OVER PLATED CHICKEN.OF DRIED RED CHILE FLAKES.

bugaboo