

BROASTED CURRIED CHICKEN

1 roasting chicken
1 clove garlic, diced
2 tbs. curry powder
1 tsp. sage, ground
1 tbs. turmeric
3 cups water
salt
pepper

Preheat oven to 400°. Clean chicken as usual. Use a large roasting pan. Put chicken into pan on roasting rack. Rub garlic and other ingredients over chicken. Add a small amount of water to pan. Roast chicken at 400°. Baste every 15 minutes. Turn chicken over after 45 minutes. Baste. Turn upright after 45 minutes. Raise oven temperature to 475° for last 10 minutes of baking. Chicken should be glazed in appearance and have a crispy taste. Serve with breadfruit or potatoes and vegetables.

Total calories per serving: 115