

## Cockerel stuffed with citrus fruits *(Meat main dishes)*



### Preparation

Clean the cockerel well, and smear its insides with a teaspoon of chili paste and then stuff it with pieces of salted citrus fruits. Also add some coarsely chopped onion to the inside of the cockerel. Let it marinate for at least an hour. When the time's up, put the marinated cockerel in a baking dish, sprinkle with coarse salt and bake at 180°C for 40 minutes.

### Tips

Recipes prepared with salt, and roasted in the oven, are often suitable if you are a novice in the kitchen and inviting someone special to dinner. All you have to do is stuff the cockerel, cover it with coarse salt, and roast.

### Trivia

Cooking with salt is, together with using ash, clay or foil, one of the oldest and at the same time healthiest cooking methods. Did you know that back in 230 A.D. the writer Apicius in his 'De Re Coquinaria' talked about cooking with salt. So, a cooking method that after more than two thousand years has still not gone out of fashion, and which is still loved by everyone from housewives to Michelin starred chefs. Why? Cooking meat, fish or vegetables in salt preserves the nutritional properties of the food without having to add any fat at all. In short, loads of taste, low in fat for a top notch result.

### Information

**Preparation** 20 minutes

**Total Time** 40 minutes

**Serves X** Serves 2 persons

**Level of difficulty** Easy

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### Ingredients

**Cockerel** 1 unit

**Salt-preserved limes** 1 unit

**Salt-preserved lemons** 1 unit

**Salt-preserved clementines** 1 unit

**Whole cooking salt**

**Hot chilli paste**

**Onions** 1 gram