

## Salted chicken *(Meat main dishes)*



### Preparation

Prepare the salt for the crust: pour all the salt into a bowl and mix it with the cumin, pepper, herbs and garlic to give it aroma and flavour. Finally moisten the salt with some water. Take two medium sized chickens and moderately salt the inside, also adding a clove of crushed garlic, a sprig of rosemary and some lemon segments. Rub olive oil on both the inside and the outside. Seal up the chicken's cavity with a big piece of lemon so that the salt can't get it. In a high-sided baking dish, pour in a layer of salt and position the chicken on top, then cover with more salt to form a pyramid. Do the same with the second chicken. Bake at 200°C for an hour and a half. Once baked you will have to break the crust with a wooden hammer and the chicken will emerge all juicy and tasty.

### Tips

To give an even more distinctive flavour to your salted chicken, you could add some herbs such as marjoram, sage or even a touch of nutmeg.

### Trivia

This recipe for the chicken roasted in salt derives, according to some sources, from Mediterranean cuisines, whilst others argue that it is a recipe originating in India or other Asian countries.

### Information

**Preparation** 120 minutes

**Total Time** 90 minutes

**Serves X** Serves 4 persons

**Level of difficulty** Easy

la terra di Puglia



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### Ingredients

**Chicken** (2 whole chickens)

**Lemon** (1 lemon)

**Chilli**

**Cooking salt** (6kg of coarse salt)

**Cumin**

**Juniper berries**

**Rosemary**

**Thyme**

**Chives**

**Garlic**

**Extra virgin olive oil**