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Market Christmas Meal: Whole roast Bird with fig, fennel seed, olive, thyme, cinnamon & plum

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2B Ethical

Market Shopping List

Inman Valley Free-Range Chook

[McLaren Vale Orchards](#) dried Figs (2 big handfuls)

[Patlin Gardens](#) plain black olives (1 large handful, pipped and chopped)

[Patlin Gardens](#) Extra Virgin Oil

Apricot Grove's Wilsons Plums

Aay's Fresh Herbs Thyme

From the pantry

Fennel seeds (2 dessert spoons)

Cinnamon (1 teaspoon)

White pepper corns

Take a whole free range **Inman Valley** Chicken

Stuffing

In a pot, toast 2 dessert spoons of fennel seeds.

Add a teaspoon of cinnamon for a quick toast.

Add water to cover 2 big handfuls of **McLaren Vale Orchard's** dried figs, with hard stems removed. Poach till soft.

Take off heat and allow to cool.

Add a big hand full of pipped chopped **Patlin Gardens** plain black olives & some **Aay's Fresh Herbs** picked fresh thyme.

Mix all together.

Take 6 Wilsons plums from **Apricot Grove** & cut flesh from seed, toss in mix.

Add a grind of fresh white pepper to taste.

Make a slit under the breast skin of the bird and slide the mixture excluding the plums under the breast skin.

Stuff the rest of the mixture into the hollow of the bird and tuck the legs in to a hole made in the skin at the end of the breast.

Rub the remaining juices all over the bird. Pour some **Patlin Gardens** olive oil over the top.

Place in a hot oven at 250 degrees.

Cook till a good colour then cover with foil and cook on 150 degrees til cooked – depending on the size of your bird.

Turn oven off and let sit for at least an hour.