

Roast chicken with a spicy fresh kefir dip



Ingredients:

DIP INGREDIENTS:

- 3 dcl homemade kefir
- freshly ground chilli
- freshly ground black pepper
- pepper
- pinch of salt
- 1 tsp minced chive

ROAST CHICKEN INGREDIENTS:

- 1 small whole chicken
- salt
- freshly ground black pepper
- 1 tsp ground red pepper
- olive oil
- Herbes de Provence
- 1 tsp ketchup

Roast chicken preparation steps

Wash the chicken under cold running water, dry thoroughly with paper towel and season it. Pour some olive oil into your hands. Rub them together and then rub the oil and seasoning all over the

chicken. Use a roasting pan with a grid, and roast for at least an hour. Turn the chicken over when it's brown to get the juices from the breast into other parts. When roasted on the grid, the skin will be crispy and the chicken will be cooked evenly.

Prepare dip for roast chicken

Prepare your spicy kefir dip with at least 3 dcl fresh kefir, fermented for at least 18-20 hours. Make sure that there is sufficient airflow during the fermentation to avoid the acid taste and fizziness of kefir. Put a thick plastic sieve or cheesecloth over a bowl and pour in your kefir. You can strain the kefir in Cheese Maker. Leave it in the refrigerator for at least 3 hours for the whey to separate, leaving the kefir creamy. The longer the kefir is left on the sieve, the creamier it will become. After about 12 hours the kefir will start resembling a cheese spread. When the desired thickness of kefir is achieved, simply put the kefir in the serving bowl and add spices.

See more kefir recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



[Organic Milk Kefir Grains](#)

[Buy on Kefirko.com](#)



Cheese Maker

[Buy on Kefirko.com](https://www.kefirko.com)



[Organic Chili Powder](#)

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