



Roast chicken meringue with Cervia salt

Preparation by Tiziana Campisi- CUEIM

Recipe type: main course
Prep time: 25 mins
Cook time: 60 mins
Total time: 1 hour 25 mins
Serves: 6

Ingredients

- A boneless new chicken
- 1 kg of coarse Cervia salt
- 1 kg of Fluer de sal di Cervia
- 200 g Egg white
- 1 sprig of rosemary
- 2 sage leaves
- 1 clove of garlic
- a lemon peel
- pepper to taste
- Twine for food for tying

Preparation

1. Boning the chicken so as to obtain a single and flat piece, possibly leaving the skin whole.
2. Chop the aromas and sprinkle the inside of the chicken, salt and pepper moderately.
3. Wrap the chicken on itself and tie in such a way as to obtain the classic shape of a roast.

4. Put in a mixer the Fluer de sal of Cervia with the egg white and let it whip until you get a salted meringue, add the coarse salt of Cervia and mix.
5. In a baking sheet plate create a base the size of the chicken with the meringue, place the chicken on the side of the back and with the help of the *sac a poche* or a spatula, cover the chicken with the rest of the meringue, creating a decorative effect.
6. Bake in a preheated mixed oven at 170° for 60 minutes.
7. Remove the salt meringue crust then cut the chicken into slices of the desired thickness and serve.



Expected result

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