

Chicken drumstick basic

2 kg frozen or fresh chicken legs

2 tbsp olive oil

Black pepper

Salt

Rosemary

Preheat oven to 200 °C (392 °F).

Place the chicken legs in an ovenproof dish and brush with olive oil. Season with rosemary, salt and freshly ground pepper.

Roast the chicken legs in the oven for about 60 minutes (about 45 minutes if fresh), until the meat juices run clear and the internal temperature is 82 °C (180 °F) next to the bone.