



COOKING GUIDELINES – CHICKEN

Please note that the following information should be treated as a rough guide. All ovens vary.

Always pre-heat your oven to the required temperature.

For fan assisted ovens you need to reduce the temperature by the equivalent of up to 20 °C.

CHICKEN & HAM ROASTERS:

Roast in the oven at 180°C / 350°F / gas mark 4.

Cook for 25 minutes per 1lb (454g) plus an additional 15 minutes at the end.

CHICKEN KIEV:

First of all brown off the outside of the Kiev in a hot frying pan before placing in the oven for approximately 30 minutes at 180 – 190°C / 350 – 375°F / gas mark 5.