



ROASTING 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.

All joints should be cooked for the first 20 – 30 minutes at a higher temperature; 230 °C / 450 °F / Gas Mark 8, then lowered to the temperatures detailed below. For fan assisted ovens you need to reduce the temperature by the equivalent of up to 20 °C.

WHOLE CHICKEN (Barn or Free Range):

Roasting Temperature:	Weight:	Cooking Time:
180 °C 350 °F Gas Mark 4	1 to 8 lb 454g to 3.6 kg	15 to 20 minutes per lb (454g) + 20 minutes
E.g. 4 lb (1.8 – 2 kg)		1 hour 20 minutes

NOTES:

- Prep:** Rub softened butter into the outside skin and lay some rashers of streaky bacon over the breast before roasting.
- Baste:** Spoon over the juices from the chicken at least 2 to 3 times during cooking.
- Is it ready?** Skewer your meat or insert a sharp knife into the thigh of the chicken and make sure the juices are running clear.
- Rest:** Allow the chicken to stand for 20 to 30 minutes after removing it from the oven, and before carving.