The Village Butchers Southfields

ROOSTER & CHICKEN COOKING GUIDE

ROOSTER

Place the bird breast side down in the oven in a roasting tin and sprinkle with salt and pepper. At about halfway through the suggested cooking time (see table overleaf), turn the bird on to its back to brown the breast. Season again with salt and pepper. 30 minutes before the end of the cooking time baste the bird with pan juices. To check your rooster is cooked insert a skewer through the inside of the thigh / deep within the meat – if the juices run clear the bird is ready. If the juices are pink put it back in the oven and check at 10 minute intervals. After cooking allow to rest uncovered for at least 30 minutes before carving

Suggested cooking time– WHOLE ROOSTER -should be used as a guideline only

3KG -1hr 30mins

4KG - 2hrs

5KG - 2hrs 30mins

CHICKEN

Cook at 190oC / Gas Mark 5 for 18 minutes per lb (454g). 30 minutes before the end of the cooking time baste the bird with pan juices. The chicken is cooked when the juices from deep in the thigh run clear when skewered. If the bird is still not cooked check every 10 minutes after the allocated cooking time. Rest the Chicken for 15 minutes before carving.



