

HERITAGE CHICKEN

POT ROAST



FOR BEST RESULTS, PAN ROAST THIS CUT

CORE TEMPERATURES	°C	°F
WELL DONE	72	160

The core temperature is taken with a thermometer from the very centre of the meat.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

Jeff Baker

Executive Development Chef

METHOD

- 1 Remove your bird from the chiller an hour before roasting to come to room temperature (remove giblets & reserve for gravy).
- 2 Pre heat the oven to 130°C fan assisted or 150°C without a fan (gas mark 2).
- 3 Place some thyme & a good pinch of salt into the birds cavity then brush the whole bird with melted butter & season with a little more salt.
- 4 Sit the bird in a deep roasting tray & pour 100ml of light chicken or vegetable stock onto the base of the tray.
- 5 Cover the whole tray with tin foil then place in the centre of the oven & roast for 2½ hours then remove the foil keeping for when you rest the bird.
- 6 Increase the oven temperature to 220°C fan assisted or 240°C without a fan (gas mark 9) & continue to roast for another 15 minutes until golden brown.
- 7 Leave to rest for 20 minutes in a warm place before carving.

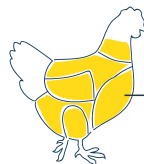
 SERVING SUGGESTION

This goes beautifully well with a seasonal salad dressed in classic mustard vinaigrette & French fries.

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CHICKEN