

Guidelines for Roasting Chicken



Please note that the following information should be treated as a guide, as all ovens vary.

- Always preheat your oven to the required temperature.

Temperature 180°C/350°F/Gas Mark 4

Cooking Times 15 - 20 minutes per lb (450g)
Then add 20 minutes

e.g. 4lb/1.8kg bird will need cooking for 1 hour 20 minutes

Helpful hints

- Rub softened butter onto the outside skin and lay some rashers of streaky bacon over the breast before roasting.
- If using stuffing in the cavity or under the skin, base your cooking times on the total weight—including the stuffing.
- Why not add a cut lemon into the cavity and/or fresh herbs and garlic? Tarragon is delicious.
- Best to baste - spoon over the juices from the chicken at least 2 to 3 times during cooking.
- To check it is ready insert a skewer or sharp knife into the thigh of the chicken and make sure the juices are running clear.
- Before carving allow the chicken to stand for 20 - 30 minutes after removing it from the oven.

