



chicken wings

roast/bbq



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

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

cooking time from: 45 minutes

method

Remove your chicken wings out of the packaging, pat dry and bring to room temperature.

Pre heat the oven 220°C / 200°C fan-assisted (gas 7)

Season the chicken wings with sea salt or a rub of your choice prior to cooking.

Place the chicken wings onto a roasting tray & cook for 45 minutes or until fully cooked through & crispy skin (optional: brush the wings with a BBQ or Hot Chilli sauce for the final 5 minutes).

Serve straight away.

serving suggestions

Serve with buttered corn & sea salt.

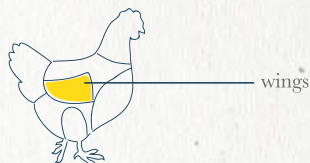
for best results, roast this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

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