



whole chicken

roast



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: 20 minutes

method

Remove your chicken from the chiller, pat dry & bring to room temperature.

Preheat your oven to 200°C for fan-assisted or 220°C for ovens without a fan (gas 7).

Season the bird with good quality sea salt & brush liberally with melted butter just prior to cooking.

Place in the centre of the oven breast side up and roast for approximately 25 then reduce oven temperature to 160°C for fan-assisted or 180°C for ovens without a fan (gas 4) & continue to roast for 20 minutes per 500g, reaching a core temperature of 65°C before resting.

Remove from the oven & keep warm by covering with a sheet of foil.

Rest for a minimum of 15 minutes before carving.

serving suggestions

Serve with celeriac mash, crispy pancetta & tender green beans.

for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

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