



## - COOKING CHICKEN -

### Cooking Chicken Products

- If cooking a pre-prepared chicken product or ready meal, always follow the manufacturer's instructions and if frozen, check if it can be cooked from frozen or whether it must be thawed first
- If cooking in a microwave, refer to the manufacturer's handbook. Do not ignore standing times, as they are part of the cooking time

### Cooking a Whole Chicken

- Preheat oven to 190°C / 375°F / Gas Mark 5
- Place chicken in a roasting tin and cover loosely with foil. Cook for 20 minutes, plus an additional 20 minutes per 500g (1lb) of the bird's weight. Remove foil for the last 30 minutes of cooking to brown
- If you wish to stuff the chicken, take extra care to ensure the bird is completely cooked, or bake the stuffing in a separate dish
- Always cook chicken fully, not medium or rare. If using a meat thermometer, the internal temperature should reach 180°F for whole chicken, 170°F for bone-in parts and 160°F for boneless parts
- To check if it is fully cooked, pierce the plumpest part of the chicken with a fork; the juices should run clear — not pink — when the fork is inserted
- If leftovers are to be reheated, cover to retain moisture and to ensure that chicken is heated all the way through

**For more information, visit [www.greatbritishchicken.co.uk](http://www.greatbritishchicken.co.uk)**