

Roast Poultry



1 Ingredient, 6 serves, 50 Minutes Total Time

1 chicken, turkey or duck (whole), preferably Organic

Instructions

ROASTING TIMES FOR POULTRY

CHICKEN:

25 minutes per 500g at 180C/350F

TURKEY:

3-4 kilograms, cook for 3 to 3 1/2 hours at 160C/320F

5-6 kilograms, cook for 4 to 5 1/2 hours at 160C/320F

DUCK

2 to 3 kilograms, cook for 1 to 1 1/2 hours at 180C/350F

Preparation

- The first thing to do with your poultry after you have removed it from its packaging, is to remove the giblets from the body cavity. The giblets are usually wrapped up and deposited in the abdominal cavity.
- The poultry should then be thoroughly cleaned and rinsed under a cold running tap and patted dry with a kitchen towel. Washing the bird will kill not all of the bacteria, but all of it will be destroyed during cooking. Drying the bird with kitchen towels will ensure a nice brown and crispy skin.
- After seasoning the chicken, you may want to truss it before placing it in the oven. Trussing is not necessary, especially for smaller birds, yet a trussed bird does keep its

shape during cooking and is also easier to carve. Untrussed birds will cook faster and more evenly.

- Place the chicken on a wire rack set in a shallow roasting tin and grease the skin of the chicken with either butter or olive oil. Using a rack will ensure that the fat drips out of the bird and away from the meat.
- For a really simple roast, the bird would now be ready to place inside the oven. However, for that extra taste and something slightly different, try any of the following: Season the bird inside and out with a selection of herbs such as rosemary, thyme, sage or Tarragon. Stuff some herbs under the skin of the bird for even more flavour. Place half an onion and some garlic into the body cavity. Or if you prefer, fill the cavity with orange or lemon wedges. Any of the above will give the meat a delicious and aromatic flavour.
- To guarantee that all the bacteria is destroyed and that the chicken is properly cooked, it is advisable to use a meat thermometer to certify that the correct temperatures have been reached during cooking. Insert the meat thermometer into the thickest part of the bird's thigh, without touching the bone. When the chicken is done, the meat thermometer will have recorded a temperature of 180°F (83°C). If you do not possess a meat thermometer, then you can check that the meat has been properly cooked in two ways: The drumstick should move about freely when wiggled. The juices of the chicken run clear upon inserting a skewer into the leg.
- Every 20 minutes you should remove the bird from the oven and close the oven door to keep the heat in. With a spoon or a brush, pour or brush the fat and juices that have accumulated in the roasting tin, over the bird. Basting will keep the meat moist, stop the skin from burning and give a really crispy skin.
- When properly cooked, remove the poultry from the oven and leave it to rest for 15 - 20 minutes on a carving board. This will allow the juices to settle. The juices from the roasting tray can be used to make a delicious gravy. Once rested, it will then be ready to carve and serve.

Nutritional Information (per serving)

Calories	185
Total Fat	4g
Saturated Fat	1g
Cholesterol	108mg
Sodium	125mg
Total Carbohydrate	--
Dietary Fibre	--
Sugars	--
Protein	34g
Calcium	17mg
Iron	2mg
Magnesium	38mg
Phosphorus	330mg
Potassium	397mg
Vitamin C	--
Thiamine	--

Riboflavin	--
Vitamin B6	1mg
Vitamin E	--