



## Tips for Preparing & Cooking your Fosse Chicken

### Prepare your Bird:

1. Bring to room temperature. Preheat your oven to 200°C
2. Rub with olive oil or butter and season with salt and pepper
3. Squeeze half a lemon over the chicken and place in the cavity along with 6 cloves of garlic and herbs of your choice. We love to use bay and thyme.

### Cook your Bird:

Roasting times vary with ovens and are approximate.

1. Place breast-side down in a pre-heated oven at 200°C for 20 minutes to sizzle.
2. Turn over after 20 minutes, baste and continue to roast at 170°C for approximately 20 minutes per kg. Smaller birds may need less roasting time and larger birds may need more.
3. Take out when juices run clear and rest on a warm plate for 15-20 minutes to allow the bird to continue to cook.

### Use your giblets for delicious gravy:

1. Place giblets in a small casserole dish with celery, carrot, half an onion and bunch of herbs.
2. Cover with cold water and add to the oven with the chicken.
3. Once the chicken is resting out of the oven, add the stock to a pan.
4. Bring the juices to a sizzle on the hob, reduce and strain.

