



## Tips for Preparing & Cooking your Fosse Cockerel

### Prepare your Bird:

1. Bring to room temperature. Preheat your oven to 200°C
2. Rub with olive oil or butter and season well 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 30 minutes to sizzle.
2. Reduce oven to 140°C, turn and baste.
3. Roast for approximately 40-45 mins per kilo plus 30 mins. Turn and baste every hour if you can.
4. Once cooked, rest on warm plate under foil, breast-side down, for 30 mins before serving, 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, (thyme, basil and parsley go well!)
2. Cover with cold water and place in the oven along with the cockerel and cook for the same time and temperature. Simple!
3. Once the cockerel is resting out of the oven and roasting pan, use the giblets and the stock you have made to deglaze the pan with some wine and a little sugar.
4. Bring the juices to a sizzle, reduce, strain and serve.

