

Cooking guidelines for your Adlington Apple Fed Cockerel

- *Pre-heat oven to 190°C/375°F or gas mark 5 (180°C for fan assisted ovens)*
- *Remove all packaging, weigh and place your Apple Fed Cockerel in a baking tray. Spread all over with butter and season with salt and pepper. Leave to settle for at least an hour at room temperature.*
- *Calculate cooking time allowing 40 minutes per kg (e.g. a 3kg bird would take approximately 1 hour 30 minutes to 2 hours)*
- *Place the cockerel upside down in a large roasting tin. This will ensure that the juices run in to the breast of the meat, keeping it moist*
- *Loosely cover with aluminium foil*
- *Roast the cockerel for the calculated time, basting occasionally with the pan juices*
- *45 minutes before the end, turn the cockerel back up the right way, remove the aluminium foil & continue to cook until the skin becomes crispy*
- *Ensure that the centre of the cockerel is piping hot and that the juices run clear*
- *A minimum core temperature of 75°C is recommended*
- *Allow the cockerel to rest for 15 minutes before carving*

Please note that these are guidelines only and you should refer to your oven manual for clarification. You must always ensure that the centre of the bird is piping hot before serving.

If using pop up timer, simply push all the way into the breast of the raw chicken, leaving the wider end protruding. Simply when the red button at the end pops out, the bird should be cooked. We advise to double check by pushing in a skewer and checking that the juices run clear as well.