

Roasting A Chicken

1 Whole chicken (1.5kg)
50g Lard or oil
Salt and pepper



Pre-heat oven to 220oc

Season chicken with salt & pepper. Place in a roasting tin and baste with oil or lard.

Place in the oven basting every 25-30 mins.

Cook for 45 mins per 1kg and an extra 45 mins on top (this is a rough guide)

To test if cooked pierce the leg with a fork and hold up over a tray to see if the juices run clear. If clear it is cooked.