



# How to Cook a Whole Organic Chicken

Cooking a whole organic chicken has never been simpler..

Serves: 4

Prepare: 10 Minutes

Cook: 1 Hour 20 Minutes

Difficulty: easy

## Ingredients

- [1 whole organic chicken](#), 1.5kg
- 25g butter, softened
- half a lemon
- spring fresh thyme
- half a bulb of garlic
- salt

## Method

1. Rest your organic whole chicken on your kitchen side at room temperature for an hour or so
2. Preheat your oven, 160°C fan, 180°C, gas mark 4
3. Pat dry the chicken skin with kitchen paper.
4. Season the cavity of the chicken liberally with salt and pepper, then stuff the chicken with half a lemon, fresh thyme and half a bulb of garlic
5. Smother the breast and legs all over with 25g softened butter, then season the outside with salt and pepper.
6. Transfer the organic chicken to a large oven tray
7. Roast for 20 minutes per 500g + 20 minutes (e.g 1 hour, 20 minutes for 1.5kg bird, 2 hours for a 2kg bird). Organic chickens do cook more quickly than conventional chickens, so do check a little before the end time to ensure it doesn't overcook. You are aiming for an internal temperature of 75°C
8. Resting your bird is key to retaining moist meat. We recommend wrapping it in at least 2 layers of foil and resting in a warm place for 30 minutes before carving. just enough time to make a giblet gravy and pour a glass of wine