

Traditional Roasting - Poultry Cooking Times

For Chicken & Turkey: 1. Preheat conventional oven to 200°C
 2. Sear bird for 20 minutes in the oven
 3. Reduce oven temperature and add cooking time below

Meat	Cuisance	After Searing reduce the oven to	Roasting Time per 500g in Minutes	Recommended Internal Temperature of meat
Chicken	N/A	180°C	20	83°C
Turkey	N/A	180°C	30	83°C

For Duck and Goose: 1. Preheat conventional oven to 220°C
 2. Sear bird for 20 minutes in the oven
 3. Reduce oven temperature and add cooking time below

Meat	Cuisance	After Searing reduce the oven to	Roasting Time per 500g in Minutes	Recommended Internal Temperature of meat
Duck	N/A	180°C	15	83°C
Goose	N/A	180°C	15	83°C

plus 30 minutes at the end for both

Notes: Chicken and Turkey need to be basted regularly to prevent drying out
 Duck and Goose are fatty so prick the skin with a skewer all over to allow the fat to run off (reserve for roasting potatoes)
 Cover and rest for at least 10-15 minutes for smaller birds and 20-30 minutes for larger birds.