

## **COOKING DIRECTIONS**

### **NOTE:**

Safety instructions are included on the label of each bird.

If frozen, count on two days to completely thaw your chicken in the refrigerator. To speed this up you can also thaw it out more quickly by putting it in a cooler. This allows it to thaw quicker and within a day. When cooking your chicken it is not necessary to oil the skin. These birds have a lot of natural oils from their high fatty acid content. The meat is very moist and tender for any size bird. We at Bluestone Mountain Farm age the birds after harvest for superior tenderness and flavor. Start the oven temp at 375°F for about 15 minutes then reduce to 350°F for the remainder of the cooking time. Finish time is usually with an hour depending on the size of the bird. Cooking your bird works well in a crock pot or oven roasting pan. Selecting a container where the bird fills out the pot aids in a moist finished bird. Put about 1/4 in of water in your container before settling in your bird. This prevents your rich golden broth from scorching or evaporating. Leaving the lid on until approx 15 min. before completion keeps the meat moist then crisp up the skin by removing the lid. Remember your Omega-3 is in the skin so consuming a true Pasture Raised Bird gives you the healing nutrients you need. The broth may fill the sides of the pot by a couple of inches. The circulating steam with the lid on keeps the meat moist. Close to your finished time you can remove the bird and set aside the broth then return to the oven to quickly finish the bird and crisp up the skin. Do not over cook at this point and dry out your meat.