

Chicken Instructions

Two Easy Steps:

Step 1: Set oven to Broil and place chicken breast side up in roasting pan on lowest rack position in oven. Broil for 7-10 minutes or until desired browning occurs. Or, if no broiler inside main oven, set temperature to 450°F and roast for 20-25 minutes until browning on breast occurs. Remove from oven.

Step 2: Set temperature to 350°F and place poultry frame in center of roasting pan with the small teardrop opening up.

Turn your chicken, breast side down in frame with breast positioned towards larger circle side of teardrop which will position it at a 20° angle. Wings and legs should be on outside of frame.

- Add 1/2 cup of water to pan.
- No need to cover your chicken with foil as this will help brown the entire bird.
- On average, calculate cooking time of 18 minutes per pound of meat. Because oven temperatures vary, check internal temperature consistently after one hour.
- Breast meat should reach but not exceed 165°F.
- Invert chicken to a platter and let rest for 7-10 minutes.

For BBQ'S and Smokers, skip Step 1 and invert your poultry onto the frame

Turkey Instructions

Two Easy Steps:

Step 1: Set oven to Broil and place turkey breast side up in roasting pan on lowest rack position in oven. Broil on low for 7-10 minutes or until desired browning occurs. Or, if no broiler inside main oven, set temperature to 450°F and roast for 20-25 minutes until browning on breast occurs. Remove from oven.

Step 2: Set temperature to 350°F and place poultry frame in center of roasting pan with the large teardrop opening up.

Turn your turkey, breast side down in frame with breast positioned towards larger circle side of teardrop which will position it at a 20° angle. Wings and legs should be on outside of frame.

- Add 1-2 cups of water to pan.
- Cover with tin foil leaving sides slightly vented. This ensures you are not steaming the bird.
- Remove cover for the last 45-60 minutes to brown entire bird.
- On average, calculate cooking time of 15 minutes per pound of meat. Because oven temperatures vary, check meat temperature consistently after removing cover.
- Use a meat thermometer to reach, but not exceed 165°F in breast..
- Invert turkey to a platter and let rest for 10-12 minutes.

For BBQ'S and Smokers, skip Step 1 and invert your poultry onto the frame