

Cooking Instructions



Thanks for your purchase of pastured, naturally raised chicken from FiveOaks Farm! You are about to discover the difference that “free-range, farm-fresh” makes.

Our small flock of white Cornish Rock hens and roosters has been contentedly foraging on verdant pastures since April, resulting in chicken that is nutritionally rich, lean, flavourful, and dense. Chickens raised on pasture get plenty of exercise, so they have great muscle tone. This means you’ll need to prepare your FiveOaks Farm poultry in a different way than you would factory-raised, store-bought chicken.

If you are not going to use your chicken(s) right away, we recommend you let your fresh chickens “rest” in your refrigerator for 1-2 days before you freeze them. You can roast your FiveOaks Farm chicken when it is fresh or even straight out of the freezer--without thawing!

The trick to making moist, juicy, fall-off-the-bone FiveOaks Farm roasted chicken is to use an oven bag. Here’s how:

1. Preheat the oven to 400F.
2. Place the fresh or frozen chicken in the bag.
3. Add seasonings to taste, if desired.
4. Seal the bag with the adjustable closure that came with the oven bag.
5. Place the sealed oven bag in a roasting pan or oven-proof baking dish.
6. Cut a small (about ½”) slit in the top of the bag.



Some of our contented chickens relaxing in the meadow on June 7, 2022



The finished product (with old-fashioned sage & bread stuffing)

7. Put the chicken in the preheated oven.
8. After 15 minutes, turn the oven temperature down to 250F.
 - a. For fresh chickens, slow-roast for 2-3 hours.
 - b. For frozen chickens, slow-roast for 4-5 hours.
9. Your roast is done when a meat thermometer inserted into the thickest part of the bird reads 165F. Your chicken should also have golden brown skin.
10. After you take your roast out of the oven, allow it to rest in the oven bag for 5 minutes before serving.

