Task Title: Chicken Cooking Time

OALCF Cover Sheet – Practitioner Copy

Learner Name:_____

Date Started:_____

Date Completed: _____

Successful Completion: Yes ☐   No ☐

Goal Path: Employment ☐   Apprenticeship ☐

Secondary School ☐   Post Secondary ☐   Independence ☐

Task Description: The learner will calculate cooking times based on the rate provided in an instructional article.

Main Competency/Task Group/Level Indicator:

- Understand and Use Numbers/Manage time/C2.2

Materials Required:

- Pen/pencil and paper and/or digital device
- Calculator or digital device with calculator function (optional)

Learner Information

Cooks must be able to plan cooking times to ensure that all food for a meal is ready to serve at the same time. Extra care must be taken when cooking poultry, since it is dry when it is overcooked, and a health hazard when it is undercooked.

Scan the "Roasting Methods" article.

Roasting Methods

There are two methods for roasting a whole chicken:

Regular method:

- Preheat oven to 350 degrees F (175 degrees C).

- Roast whole (thawed) chickens for 20 minutes per pound, plus an additional 15 minutes.

High heat method (this creates a crispy, darker skin):

- Preheat oven to 450 degrees F (230 degrees C) and cook whole (thawed) chicken for 15 minutes.

- Then reduce the temperature to 350 degrees F (175 degrees C) and roast for 20 minutes per pound. (Do not add the extra 15 minutes to the cooking time as with the regular method.)

Is it Ready Yet?

Regardless of the method used, a whole chicken is ready when a meat thermometer inserted into the inner thigh (close to but not touching the thigh bone) reads at least 165 degrees F (74 degrees C).

- The temperature of the meat will continue to rise slightly when you pull it out of the oven (this is called "carryover cooking"), so if the thermometer shows a few degrees below the target, give it a few minutes--the internal temperature might still rise to at least 165 degrees F (74 degrees C).

- When you remove the chicken from the oven, cover it loosely with a doubled sheet of aluminum foil, and let it rest for 10 minutes before slicing. This redistributes the juices and results in moister chicken.

NOTE: These times are for **_un_**stuffed birds. Add 15 minutes to the total cooking time if you're roasting a stuffed chicken. And as with the chicken itself, make sure the stuffing reaches a temperature of at least 165 degrees F (74 degrees C).

Work Sheet

Task 1: Calculate how long it will take to roast a 4 lb, fully thawed chicken using the regular method.

Answer:

_____

Task 2: Calculate how long it will take to roast a 6 lb, fully thawed chicken using the high heat method.

Answer:

_____

Task 3: Calculate how long it will take to roast an 8.5 lb, fully thawed chicken using the regular method.

Answer:

_____

Task 4: Calculate how long it will take to roast a 7.5 lb, fully thawed, stuffed chicken using the regular method.

Answer:

_____

Answers

Task 1: Calculate how long it will take to roast a 4 lb, fully thawed chicken using the regular method.

Answer:

4 lb x 20 minutes/lb + 15 minutes
= 80 + 15
= 95 minutes (or 1 hour 35 minutes)

Task 2: Calculate how long it will take to roast a 6 lb, fully thawed chicken using the high heat method.

Answer:

6 lb x 20 minutes/lb + 15 minutes
= 120 + 15
= 135 minutes (or 2 hours 15 minutes)

Task 3: Calculate how long it will take to roast an 8.5 lb, fully thawed chicken using the regular method.

Answer:

8.5 lb x 20 minutes/lb + 15 minutes
= 170 + 15
= 185 minutes (or 3 hours 5 minutes)

Task 4: Calculate how long it will take to roast a 7.5 lb, fully thawed, stuffed chicken using the regular method.

Answer:

7.5 lb x 20 minutes/lb + 15 minutes + 15 minutes (for stuffing)
= 150 + 15 + 15
= 180 minutes (or 3 hours)

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
C2.2	calculates using numbers expressed as whole numbers, fractions, decimals and percentages			
	interprets and applies rates (e.g. $/hr, km/hr, cooking time/pound)			
	converts between units of time (e.g. millennia, centuries, decades, years, months, weeks, days, hours, minutes, seconds)			
	interprets, represents and converts time using whole numbers, decimals, percentages, ratios and simple, common fractions (e.g. ½, ¼)			
	chooses and performs required operation(s); may make inferences to identify required operation(s)			
	selects appropriate steps to reach solutions			
	uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation)			

This task: Was successfully completed ☐   Needs to be tried again ☐

Learner Comments:

Instructor (print):   Learner (print):

_____   _____