






PRODUCT LISTING

Chicken Roasts						
	<p>Deboned and Stuffed Chicken Our top product, we've taken the bones out to make your life easier. We stuff the chicken with your choice of flavoured stuffing, and top the whole lot with a light butter basting. No preparation necessary. Current stuffing flavours are – Bacon and Mushroom, Bacon Cheese and Onion, Sage and Onion, Honey and Macadamia Nuts, Spinach and Cheese, Apricots and Nuts</p>					
	<p>Preparation Guide</p> <table border="1"> <tr> <td>Oven Bake</td> <td>50-55 mins 180°C (med)</td> </tr> <tr> <td>Microwave</td> <td>13 mins (med/high) (turn at 7 mins)</td> </tr> <tr> <td>Braai (Weber)</td> <td>50-55 mins (med heat)</td> </tr> </table> <p>Tip: Please allow the roast to stand for 10 to 15 minutes after removing it from the heat. This will allow the meat to firm up again before carving.</p>	Oven Bake	50-55 mins 180°C (med)	Microwave	13 mins (med/high) (turn at 7 mins)	Braai (Weber)
Oven Bake	50-55 mins 180°C (med)					
Microwave	13 mins (med/high) (turn at 7 mins)					
Braai (Weber)	50-55 mins (med heat)					


Crumbed Chicken							
	<p>Chicken Kiev A tender filleted breast stuffed with garlic butter, and crumbed.</p>						
	<p>Chicken Cordon Bleu A tender filleted breast stuffed with ham and cheese, and crumbed. Or try our variation with Bacon and Brie.</p>						
<p>Chicken Schnitzel A crumbed tender filleted breast.</p>	<p>Preparation Guide</p> <table border="1"> <tr> <td>Shallow Fry</td> <td>10 mins each side 150°C (med/low)</td> </tr> <tr> <td>Oven Bake</td> <td>30-35 mins 180°C (med)</td> </tr> <tr> <td>Braai</td> <td>15-17 mins each side (low heat)</td> </tr> </table>	Shallow Fry	10 mins each side 150°C (med/low)	Oven Bake	30-35 mins 180°C (med)	Braai	15-17 mins each side (low heat)
Shallow Fry	10 mins each side 150°C (med/low)						
Oven Bake	30-35 mins 180°C (med)						
Braai	15-17 mins each side (low heat)						
	<p>Preparation Guide</p> <table border="1"> <tr> <td>Shallow Fry</td> <td>10 mins each side 150°C (med/low)</td> </tr> <tr> <td>Oven Bake</td> <td>30-35 mins 180°C (med)</td> </tr> <tr> <td>Braai</td> <td>15-17 mins each side (low heat)</td> </tr> </table>	Shallow Fry	10 mins each side 150°C (med/low)	Oven Bake	30-35 mins 180°C (med)	Braai	15-17 mins each side (low heat)
Shallow Fry	10 mins each side 150°C (med/low)						
Oven Bake	30-35 mins 180°C (med)						
Braai	15-17 mins each side (low heat)						
	<p>Preparation Guide</p> <table border="1"> <tr> <td>Shallow Fry</td> <td>8 mins each side 150°C (med/low)</td> </tr> <tr> <td>Oven Bake</td> <td>20-25 mins 180°C (med)</td> </tr> </table>	Shallow Fry	8 mins each side 150°C (med/low)	Oven Bake	20-25 mins 180°C (med)		
Shallow Fry	8 mins each side 150°C (med/low)						
Oven Bake	20-25 mins 180°C (med)						

Chicken Pastry Products			
	<p>Phyllo Wrapped Chicken Breasts A tender skinless, filleted breast stuffed with exciting and unusual fillings and wrapped in phyllo pastry. Ready to bake. Our current fillings are – Spinach and Feta Cheese Camembert and Black Cherries Bacon and Brie</p>		
	<p>Preparation Guide</p> <table border="1"> <tr> <td>Oven Bake</td> <td>30-35 mins 180°C (med)</td> </tr> </table>	Oven Bake	30-35 mins 180°C (med)
Oven Bake	30-35 mins 180°C (med)		

Marinated Chicken Dishes											
	<p>Chicken Pieces - Thighs, Drumsticks, Wings, Breasts, Flatties, Sir Fry, and Half Chickens We'll gladly supply you with all the normal chicken portions you can buy from the supermarkets either plain or marinated. Our marinades include – Sosatie, Honey & Mustard, Piri Piri, Sweet & Sour, Lemon & Herb Wine & Garlic, Barbeque</p>										
	<p>Preparation Guide</p> <table border="1"> <tr> <td>Oven Bake</td> <td>35-40 mins 180°C (med)</td> </tr> <tr> <td>Microwave</td> <td>2.5 mins per piece (high)</td> </tr> <tr> <td>Pan Fry</td> <td>30-35 mins 160°C (med/low)</td> </tr> <tr> <td>Grill</td> <td>7-10 mins each side (med heat)</td> </tr> <tr> <td>Braai</td> <td>15-20 mins (low heat)</td> </tr> </table>	Oven Bake	35-40 mins 180°C (med)	Microwave	2.5 mins per piece (high)	Pan Fry	30-35 mins 160°C (med/low)	Grill	7-10 mins each side (med heat)	Braai	15-20 mins (low heat)
Oven Bake	35-40 mins 180°C (med)										
Microwave	2.5 mins per piece (high)										
Pan Fry	30-35 mins 160°C (med/low)										
Grill	7-10 mins each side (med heat)										
Braai	15-20 mins (low heat)										


Every Family Needs a Farmer – We'd Like to be Yours

PRODUCT LISTING

	<p>Chicken Kebabs Delicious chicken meat pieces on skewers. We supply them plain or marinated with the marinade of your choice.</p> <p>We also make Sosaties with the meat pieces separated by vegetables and dried fruit</p>	<p>Preparation Guide</p> <table border="1"> <tr> <td>Pan Fry</td> <td>6 mins each side 160 °C (med/low)</td> </tr> <tr> <td>Braai</td> <td>8 mins each side (low heat)</td> </tr> <tr> <td>Grill</td> <td>5 mins each side (med heat)</td> </tr> <tr> <td>Microwave</td> <td>1 kebab - 1 min 45 sec (high) 2 kebabs - 3 mins, etc.</td> </tr> </table>	Pan Fry	6 mins each side 160 °C (med/low)	Braai	8 mins each side (low heat)	Grill	5 mins each side (med heat)	Microwave	1 kebab - 1 min 45 sec (high) 2 kebabs - 3 mins, etc.
	Pan Fry	6 mins each side 160 °C (med/low)								
Braai	8 mins each side (low heat)									
Grill	5 mins each side (med heat)									
Microwave	1 kebab - 1 min 45 sec (high) 2 kebabs - 3 mins, etc.									

<p>Chicken Breasts - Skinless, Filleted The dieter's favourite – tender breast fillets supplied plain or in one of our delicious marinades.</p>	<p>Preparation Guide</p> <table border="1"> <tr> <td>Pan Fry</td> <td>10 mins each side 150 °C (med/low)</td> </tr> <tr> <td>Braai</td> <td>15 mins each side (low heat)</td> </tr> <tr> <td>Grill</td> <td>7 mins each side (med heat)</td> </tr> <tr> <td>Microwave</td> <td>2 min 30 sec per fillet (high)</td> </tr> </table>	Pan Fry	10 mins each side 150 °C (med/low)	Braai	15 mins each side (low heat)	Grill	7 mins each side (med heat)	Microwave	2 min 30 sec per fillet (high)
Pan Fry	10 mins each side 150 °C (med/low)								
Braai	15 mins each side (low heat)								
Grill	7 mins each side (med heat)								
Microwave	2 min 30 sec per fillet (high)								

<p>Chicken Burger Patties and Mince</p>										
	<p>Chicken Burger Patties Our delicious patties are perfect for braais and children's meals. They can also be crumbed and flavoured if you'd prefer.</p>	<p>Preparation Guide</p> <table border="1"> <tr> <td>Pan Fry</td> <td>4 mins each side 160 °C (med/low)</td> </tr> <tr> <td>Braai</td> <td>8 mins each side (low heat)</td> </tr> <tr> <td>Oven Bake</td> <td>10 mins each side 180 °C (med)</td> </tr> </table>	Pan Fry	4 mins each side 160 °C (med/low)	Braai	8 mins each side (low heat)	Oven Bake	10 mins each side 180 °C (med)		
Pan Fry	4 mins each side 160 °C (med/low)									
Braai	8 mins each side (low heat)									
Oven Bake	10 mins each side 180 °C (med)									
	<p>Chicken Mince Pure, lean chicken mince for excellent taste.</p>									
<p>General Cooking Tips</p>	<table border="1"> <tr> <td>Shallow Fry</td> <td>When shallow frying use only enough oil to lightly cover the base of the pan, and ensure that the oil is heated before adding our product.</td> </tr> <tr> <td>Oven Bake</td> <td>Oven bake for a lower fat product, alternatively brush our product with butter or oil before baking.</td> </tr> <tr> <td>Pan Fry</td> <td>When pan frying keep the lid on for the first 5 minutes of cooking to maintain moisture and flavour.</td> </tr> <tr> <td>Microwave</td> <td>When microwave cooking place the meat on one side of the carousel plate. When turning as above simply roll (turn) the roast to the other side of the carousel so that it cooks evenly.</td> </tr> </table>	Shallow Fry	When shallow frying use only enough oil to lightly cover the base of the pan, and ensure that the oil is heated before adding our product.	Oven Bake	Oven bake for a lower fat product, alternatively brush our product with butter or oil before baking.	Pan Fry	When pan frying keep the lid on for the first 5 minutes of cooking to maintain moisture and flavour.	Microwave	When microwave cooking place the meat on one side of the carousel plate. When turning as above simply roll (turn) the roast to the other side of the carousel so that it cooks evenly.	
	Shallow Fry	When shallow frying use only enough oil to lightly cover the base of the pan, and ensure that the oil is heated before adding our product.								
	Oven Bake	Oven bake for a lower fat product, alternatively brush our product with butter or oil before baking.								
	Pan Fry	When pan frying keep the lid on for the first 5 minutes of cooking to maintain moisture and flavour.								
Microwave	When microwave cooking place the meat on one side of the carousel plate. When turning as above simply roll (turn) the roast to the other side of the carousel so that it cooks evenly.									

<p>About LeoKop Farm</p>		
	<p>Contact Details LeoKop Farm P.O. Box 1613 Newcastle 2940</p> <p>Mobile: (082) 494-5317 Email: info@leokop.co.za</p>	<p>LeoKop Farm animals are raised naturally on LeoKop Farm in the Normandien District of Northern KZN. After 15 years of rearing chickens in "factory" farming conditions, Kathy and Hugh Goble moved to LeoKop where they now raise animals naturally under free range conditions.</p> <p>We don't feed any animal based products back to our animals and nor do they receive antibiotics or hormones in their feed.</p>
	<p align="center">"Our Animals Don't Do DRUGS!!"</p>	

Every Family Needs a Farmer – We'd Like to be Yours