CLAIMS

1. A food and a suspension device, the food product being covered with a seasoning, the suspension device configured to be attached to a suspension location in a cooking device, the suspension device comprising a body having a first portion and a second portion, the first portion being configured for engaging the suspension location in the cooking device, and the second portion being configured for holding the food;
wherein the second portion of the suspension device has a distal end and the suspension device includes an opening for receiving the distal end so as to establish a loop for holding the food; or,
wherein the second portion of the suspension device includes an opening configured for receiving the food, the opening being a pre-shaped hole or a cut-through area formed in the second portion.

2. The food according to claim 1, wherein the first portion of the suspension device and/or second portion of the suspension device has a thermal conductivity below 8 W/(mK), such as below 4 W/(mK), such as below 2 W/(mK), such as below 0.2 W/(mK).

3. The food according to claim 1 or claim 2, wherein the food is poultry, including a chicken leg, a turkey leg or a piece of chicken breast meat, or a piece of beef, a piece of pork or a vegetable.

4. The food according to any one of claims 1-3, wherein the second portion of the suspension device is flexible.

5. A method of cooking a food, the method comprising:
providing a food covered with a seasoning,
providing a suspension device, the suspension device configured to be attached to a suspension location in a cooking device, the suspension device comprising a body having a first portion and a second portion, the first portion

being configured for engaging a location in the cooking device, and the second portion being configured for holding the food, and

attaching the suspension device to a part of the food, and

suspending the seasoned food in the oven from a rack located at or near to the top of the oven using the suspension device.

6. The method according to claim 5, further comprising the initial step of removing the seasoned food from a packaging.

7. The method according to claim 6, further comprising preheating the oven to a temperature between 160°C and 220°C, preferably between 170°C and 200°C, even more preferably about 180°C.

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8. The method according to any one of claims 5-7, further comprising placing underneath the suspended food a tray of side-dish ingredients, such as vegetables or potatoes, optionally sliced.

9. The method according to any one of claims 5-8, wherein the food is cooked for 15 to 90 minutes, preferably for 20 to 75 minutes, more preferably for 30 to 60 minutes, e.g. for at least 30 minutes, such as at least 45 minutes, e.g. around 50 minutes.

10. The method according to any one of claims 5-~~1~~9, wherein when the cooking is finished the food is removed from the oven by holding on to the suspension device, preferably using gloves, tongs or a fork.

11. A method for providing means for cooking comprising providing a suspension device and providing a seasoning~~.~~, wherein the suspension device is configured to be attached to a suspension location in a cooking device, the suspension device comprising a body having a first portion and a second portion, the first portion being configured for engaging with the suspension location, and

the second portion being configured for holding the food, and wherein the method comprises attaching the suspension device to a part of the food.

~~12. The method according to claim 11, wherein the suspension device is configured to be attached to a suspension location in a cooking device, the suspension device comprising a body having a first portion and a second portion, the first portion being configured for engaging with the suspension location, and the second portion being configured for holding the food, and wherein the method comprises attaching the suspension device to a part of the food.~~

~~13~~12. The method according to ~~claim 11 or~~ claim 12 further comprising providing a food, and applying the seasoning to the food.