

Masterclass IN COOKING TURKEY

Britain's
BEST
Butchers
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To help you cook your turkey to perfection, your Q Guild butcher has prepared these key tips.

- Check your oven size, a standard oven will take up to a 9kg turkey.
- It's recommended that you do not stuff a good quality Turkey as this lengthens the cooking time and can overcook.
- Stuffing is of course delicious cooked separately and works really well in a stuffed breast or rolled joint.
- If foil is used to stop the breast from drying out, unwrap 30 mins before cooking time is finished to allow the skin to crisp.
- Cooking times vary depending on the type of bird purchased. Free-range / slow grown birds cook in less time than normal so always check any information provided by the farmer or butcher.
- Pre heat your oven to temperature 180°C (Fan) / 350°F / Gas Mark 4.
- Calculate the cooking time by allowing approx. 15 mins per 450g/1lb of bird weight.
- If you want to double check your timings a good website to use is www.britishturkey.co.uk/cooking/cooking-calculators.
- There are various cooking suggestions to help reduce drying and keep in the moisture, one we like is to cook the



bird breast side down for the first half of cooking time, on top of seasoned vegetables in liquid, then turn over for the remaining time.

- Let the bird rest for at least 30 minutes or more to let the juices in the meat settle before carving.
- After resting it's ready to serve when the temperature reaches 75°C / 170°F.
- We recommend using a meat thermometer to check it's done, place into the thickest part of the thigh (don't touch the bone).
- No thermometer, then check the juices are clear and if you jiggle the drumstick, the joint should move freely.

Enjoy with your homemade gravy, roast potatoes and steamed vegetables.



Roasting GUIDELINES



Some other roasts you may like to try.

All timings are approximate as adjustments may be required due to oven types and degree of cooking preferred. Joints shouldn't be cooked straight from the fridge so allow them to come up to a cool room temperature (approx 1-2 hours outside of the fridge).			
	Preparation	Calculate Timings *Always preheat oven. For fan ovens reduce temp by 10-20°C.	Finishing
Turkey	Cover breast flesh in soft seasoned butter and wrap in bacon. Slow grown birds often require less cooking so always check any farmers cooking instructions.	Allow 10mins per 450g/1lb for weights up to 4kg +70mins. Allow 10mins per 450g/1lb for weights over 4kg +90mins. *Cook at 190°C/375°F/Gas 5.	Remove from oven when internal temperature reaches 70°C and then rest for at least 30mins or until temperature reaches 75°C. Do not cover otherwise the heat will soften the crispy skin, don't worry it will stay warm.
Turkey breast: Boned, rolled and stuffed	To reduce the outside drying out, cover with slices of bacon or pancetta or smear with butter and tent with foil.	*Cook at 200°C/390°F/Gas 6. Allow 18 mins per 450g/1lb + 20 mins, uncover for the last 20-30 mins for skin to crisp.	
Duck Goose	Dry skin well, rub with oil and season with salt. Remove fat from inside. Use a skewer to prick skin all over, especially under wings, put on a rack then place in a roasting tin.	Allow 20 mins per 450g (1lb) + 20 mins. *Cook at 220°C/430°F/Gas 7 for one hour then remaining time at 190°C/375°F/Gas 5.	For crispy skin remove foil 30mins before end of cooking time, lightly baste and return to oven.
Beef	Remove joint from fridge at least 20 mins prior to cooking. Cook joints with a natural fat coverage, fat side uppermost.	Rare: 20 mins per 450g (1lb) + 20 mins. Medium: 25 mins per 450g (1lb) + 20 mins. Well done: 30 mins per 450g (1lb) + 25 mins. *Cook at 190°C/375°F/Gas 5.	To rest, loosely cover with foil for 20 mins.
Lamb	Remove joint from fridge at least 20mins prior to cooking. Cook joints with a natural fat coverage, fat side uppermost.	Allow 25 mins per 450g (1lb) + 25 mins. *Cook at 190°C/375°F/Gas 5.	To rest, loosely cover with foil for 20 mins.
Pork	For added flavour stud the rind with garlic or sage.	Allow 25 mins per 450g (1lb) + 30 mins. *Cook at 190°C/375°F/Gas 5.	Rest for 20 mins - to keep the crackle, don't cover!
Gammon	Can be boiled or roasted, or both methods can be used. Just boil for half the time and roast for the remainder.	*Roast or simmer for 20 mins per 450g (1lb) + 20 mins. Roast at 190°C/375°F/Gas 5. Cook on medium until boiling then turn to a low simmer.	If during roasting the glaze starts to burn, cover with foil.

Use a meat thermometer to check when meat is cooked. Most meat benefits from resting after cooking so remove from oven approx 5-10°C lower than required, it will continue to 'cook' while resting. Poultry should reach 75°C/170°F° before serving, beef and lamb can be slightly less depending on your doneness preference.

