

BUTCHERS



CHRISTMAS

WE'VE GOT IT
ALL WRAPPED UP



a Masterclass in Meat...



BUTCHERS



IT'S ALL IN THE PLANNING



How do we make Christmas happier and stress-free? With a little bit of planning.

Whether it's the first time you'll be cooking the turkey or you're trying something different this year, we have some useful tips and cooking guides that will help the day run a bit more smoothly.

Rule number one, order your meat from your Q guild butcher in good time. If you're planning on buying a large bird, don't forget to check that it will fit in your oven and that you have a big enough roasting tin! Also don't forget your butcher can offer all the trimmings like bacon to wrap over the turkey, or pigs in blankets, even those nice little stuffing balls.

Rule number two, plan what veg you're having with your meat, make sure you get it fresh. You can pre-make things like cauliflower cheese or sticky red cabbage to ease the cooking chores on the day.

Rule number three, set the table the day before, it always takes more time than you think and it's no fun to rush, and don't forget the crackers!

Above all enjoy the day, and enjoy the quality meat brought to you by the Guild of Quality Butchers who represent some of the finest butchers in the UK. They also combine traditional craft butchery skills with new product ideas to offer an extensive range. Along with their personal and knowledgeable service, your Q Butcher is a one stop shop for all meats, meat products and meat related advice.

Look out for the Q

For more recipe ideas and roasting tips go to www.qguild.co.uk/recipes



Here to help, just ask!

BEEF & LAMB

a great alternative



Buying your meat

Impressive cuts that will give a great flavour for beef are sirloin, topside or rib joints and for lamb, leg or shoulder joints. Depending on how many you are feeding, allow about 200g per person for a boneless joint and a bit more if its a bone in joint like a rib. Always worth checking with your butcher though. There are also some great spice or herb rubs available to add an extra flavour to your joint, ask your butcher for some ideas.

What to have with it

Apart from the traditional, roasties, yorkies and steamed green veg, there are also options like: boozy braised red cabbage, steamed savoy cabbage mixed through creamy mash, honey glazed roasted carrots and parsnips, or celeriac mash.

All great tasty side dishes to accompany roast beef or lamb.

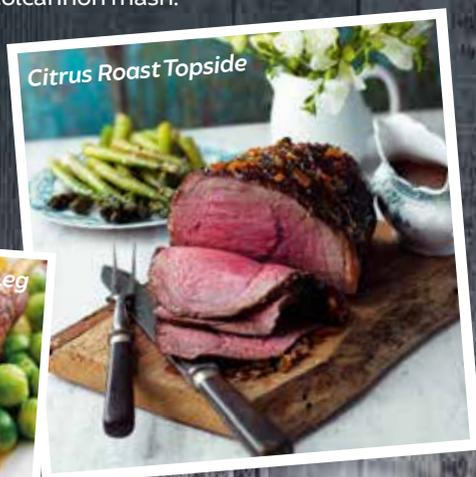


How to carve without waste

The most important thing about carving is a sharp knife and a carving board. Carving across the grain of the meat makes things a lot easier.

What to do with leftovers

Make the most of cold beef by adding it to horseradish and rocket inside a chunky white bread sandwich. Any leftover lamb would go well in a spicy curry, a Moroccan tagine or a shepherds' pie topped with colcannon mash.



www.qguild.co.uk

TURKEY, DUCK & GOOSE

Traditional classics



Buying your meat

Your Q Butcher can advise you on what size to buy, but these average guidelines may help:

Turkey a whole turkey sized about 5.5kg (12lb) feeds approx 10-12 people. Many Q Butchers also offer a turkey crown or a rolled and stuffed turkey breast.

Goose contains less meat than you'd expect (due to the size of cavity) so a 4-5kg (9-12lb) bird feeds approx 6-8 people

Duck on average a small one will serve 2 people and a large one 4 people

Roasting Tips

Turkey

Stuffing: Don't stuff the cavity with your best Christmas stuffing, use onions or lemons instead. It's only the neck that should be stuffed, alternatively cook the stuffing separately.

Don't overcook: A traditionally hung Turkey is likely to be very tender so it's really important not to overcook it. Take into account the cooking guidelines provided and how your oven behaves. Internal temperature needs to be at least 72°C after cooking, which will rise while resting.

Goose & Duck

Stuffing: Season inside cavity and stuff with onions or oranges plus mixed herbs like bay leaves or thyme.

Baste: Cover with tight fitting foil. Halfway through cooking remove from oven, ladle out excess fat and lightly baste, re-cover and cook for remaining time. The excess fat can be used for basting the roast potatoes.

Pink Meat: Unlike poultry, goose & duck can be served slightly pink. However, the legs do need cooking longer than the breast and although the breast meat will be done by the time the legs are cooked, basting helps to keep it from becoming too dry.

Don't forget the Giblets!

Poultry may contain a plastic bag of giblets, which must be removed before cooking. But don't throw them away, as the neck and gizzards make great stock for gravy and the liver can be used to make pâté or pan-fried on toast.

A Q TIP

"Practise good hygiene when handling poultry to avoid any cross-contamination. Do not wash raw birds, they don't need it. Store at the bottom of a fridge and avoid any drippage. Thoroughly wash all utensils and boards used in preparation. Cook thoroughly."



PORK, HAM & GAMMON

great for Boxing Day



Buying your meat

Pork loin is the most impressive joint, it just needs some care when cooking to avoid it drying out, whereas the more succulent joints are shoulder, belly and leg. Most Q Butchers will offer a deboned, stuffed and rolled pork joint, so all you have to do is pop it in the oven. If you prefer an alternative stuffing, then just ask, your butcher will oblige given some time.

What to have with it

Homemade stuffing is a great addition. Use a flavoured sausage-meat, or de-skin your favourite sausages and just add some festive fruit like cranberries or orange rind, then simply roll into small balls. Also a pear, rum, cinnamon and apple sauce can be a great accompaniment to either pork or gammon. Match this up with Duchesse potatoes and steamed greens for an alternative Christmas special.

Gammon and ham

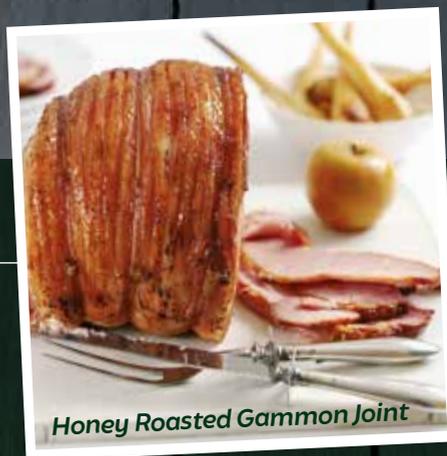
Carving your own gammon on Boxing Day is a great festive treat. Q butchers often cure their own and many have both ham and gammon on offer. Know the difference? Ham is the slices from a cooked gammon. So you can either buy slices of ready to eat ham or a gammon joint for cooking at home. Gammons can be roasted with a honey or marmalade glaze or boiled in liquid like apple juice or cider with added herbs.

What to do with leftovers

Cooked gammon and leftover ham is great in soups, omelettes and with a fried egg and chips! Pork leftovers are perfect for salads, a stir-fry or Chinese fried rice if you need something a bit different over Christmas.

A Q TIP

“For that super crunchy golden crackling, first ask your Q butcher to deeply score the rind, once home, make sure the skin is really dry, brush with oil, sprinkle with salt and leave uncovered for 30 mins before putting into the oven. And don’t cover or baste the joint during cooking.”



Honey Roasted Gammon Joint



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ROASTING GUIDELINES

* Preheat oven to temperature required, reduce temp for fan ovens by 10°C, all timings are approximate as adjustments may be required due to oven types and degree of cooking preferred.

	<i>Preparation</i>	<i>Calculate Timings</i>	<i>Finishing</i>
Turkey	Cover flesh with soft seasoned butter, place breast side down onto a rack then place on top of seasoned veg which are covered by 1pt water.	Allow 15mins per 450g (1lb) for weights up to 5.4kg (12lb) Allow 12mins per 450g (1lb) for weights up to 9kg (20lb) * Cook breast side down at 220°C/Gas 7 for half of cooking time Turn over bird, reduce oven to 190°C/ Gas 5 for remaining time +15mins	When juices run clear, remove from oven, rest for at least 15mins, do not cover otherwise you will loose 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.	* Cook for 1 hour at 160°C/ Gas 2 then turn up oven to 190°C/ Gas 5 and cook for 10mins to crispen up the skin or bacon	Cooked when Internal temperature reaches 75°C
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) +20mins * Cook at 220°C/Gas 7 for one hour then remaining time at 190°C/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 20mins 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/Gas 5	To rest, loosely cover with foil for 20mins
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) + 30 mins * Cook at 190°C/Gas 5	To rest, loosely cover with foil for 20mins
Pork	For added flavour stud the rind with garlic or sage	Allow 25 mins per 450g (1lb) + 25 mins * Cook at 190°C/Gas 5	Rest for 20mins - 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) +20mins Roast at 190°C/Gas 5 Cook on medium until boiling then turn to a low simmer	If during roasting the glaze starts to burn, cover with foil.

To check if the meat is cooked use a digital or standard meat thermometer towards the end of cooking. Insert into thickest part and when it reaches approx 60° for rare, 70°C for medium or 80°C for well done it should be removed from the oven to rest. For poultry ensure all the juices run clear and internal temperature has reached 75°C.