



COOKING WITH MEAT

THE TURKEY *Leftovers* MASTERCLASS



Traditional & Versatile

Low in fat and high in protein Turkey is not only a festive center piece that graces our Christmas tables year after year but it is also wonderful in a variety of recipes. From biting into a cold roast turkey drumstick, to door step sandwiches, bubble and squeak, to everyone's Boxing Day favourite, the comforting turkey curry. If your bird is larger than expected and you are faced with Christmas lunch leftovers, then try some of these quick and easy meal ideas to ensure nothing goes to waste.

COOKING WITH LEFTOVERS

Nice and Easy!

Soup

Heat up leftover or precooked diced root vegetables plus strips of precooked turkey meat in with a vegetable broth.

Either make the broth from scratch boiling up the turkey carcass, with celery, carrots, thyme sprigs and seasoning, or use one of the lovely premade pouches often available in your butchers.



Pasta

Cooked turkey meat warmed through a white wine cream sauce, cheese sauce or black peppercorn sauce, plus cooked peas or chopped green beans served over cooked pasta.



Rice Dishes

Pilaf or pilau: a way of cooking rice that should result in every grain remaining separate. Use basmati, long grain white or brown rice plus add a stock cube to the liquid for added flavour.

Risotto: a northern Italian rice dish cooked with broth until it reaches a creamy consistency. Arborio or Canaroli rice is perfect.

Both rice dishes are great bases for topping off with cooked turkey meat. Just add to the top of the rice, during the last 10mins of cooking, to heat through the meat plus any soft vegetables like peas, asparagus tips or edamame beans. Then fork through to ensure all the liquid has cooked through and grate over some parmesan cheese.



Buffet Favourite – Coronation Turkey:

Perfect for a Boxing day buffet or as a sandwich filling.

- In a large bowl, whisk together 100g mayonnaise, 75g mango chutney, 1tspn curry powder, 1 lime zest & juice then add seasoning
- Add chicken (this mix is for approx. 500g), toss with the dressing until well coated. Cover and chill until serving.

Healthy Tip: Use half mayonnaise, half crème fraîche for a lower fat version.



Boxing Day Easy Turkey Curry

- Heat 1tbsp oil and 1oz butter in a large non-stick casserole pot or large saucepan.
- Add 1 chopped onion cook for 2-3 minutes over a medium heat until soft.
- Add your favourite prepared Curry sauce, a great range is often available at your Butchers, plus any leftover boiled potatoes and cook for recommended time.
- Sprinkle with fresh coriander leaves (if available) and serve over white basmati or pilau rice (also available in prepared packets)



Just add sauce

Most butchers also sell some amazing pre-made casserole sachets, sauces, gravy and broth pouches. Some of these would work really well as soup and casserole bases, as pour over sauces or gravies for leftover meat and veg. **Add some to your order today.**



Roast drumsticks – work really well with flavours such as:



orange and rosemary



cherry tomatoes, green olives, garlic

Skewers

Great for buffet food, brushed with your favourite oil-based marinades, ask your butcher to recommend one, like sweet chilli, black garlic or satay sauce.

Casserole

Had a crown roast for Christmas lunch and now have spare wings and legs? These are great for casseroles or slow cooking, along with whole button mushrooms, vegetables and stock or white wine, let the whole lot simmer in a heavy pan for a few hours on the hob until the meat falls off the bone.





Make it special

Why not try a festive stuffing like Cranberry & Spiced Apple or Blueberry & Black Pepper.

ROASTING GUIDELINES

Do not cook straight from the fridge allow the bird to come up to a cool room temperature (remove from fridge approx 1-2 hours prior to cooking).

Whole bird, turkey breast or crown (boned, rolled and stuffed)

Whole Bird Preparation

Cover the whole bird with soft seasoned butter or perhaps a flavoured butter, like truffle for a little extra indulgence!

Place the bird breast side down onto a rack and then place the rack on top of some seasoned veg, a bouquet garni and cover with a pint of water or perhaps cider for extra flavour. Season well.

Alternatively, cover the breast with pancetta or streaky bacon to hold in the moisture preventing the breast from drying out before the legs are cooked through. Do the same for a turkey breast roast if it is not already covered in bacon.

Calculate Cooking Time:

Timings approximate, adjustments may be required due to oven types and degree of cooking preferred. Free Range birds can take less time to cook as they have more intramuscular fat, read any instructions provided.

Whole Bird	Turkey Breast
Weights up to 6kg (13lb), allow 15 mins per 450g (1lb)	Allow 18 mins per 450g/1lb + 20mins
Weights from 6-9kg (13-20lb) allow 12 mins per 450g (1lb)	

Temperature and Timing:

Sizzle for the first 15mins at preheated oven temp. 200°C/Gas 6, fan ovens reduce by 10-20°C.

Then reduce oven to 180°C/Gas 4 for remaining time.

If cooking breast side down, turn bird over after 15mins, if not, check the bacon and possibly baste the top to keep it moist. May have to do this a few times during cooking.

Make a foil tent and cover the top to stop drying out. Uncover for the last 20-30mins for skin to crisp.

At end of cooking, rest for 20 mins. or until internal temperature reaches 75°C/170°F or juices run clear, do not cover otherwise you will lose the crispy skin. Don't worry it will stay warm.

NB: Ovens vary so test the temperature inside your bird frequently by using a meat thermometer.