

# Roasting Guidelines

	Preparation	Timings and Finishing
<b>Turkey</b>	Fill a roasting tray with seasoned vegetables and cover with 1 pint of water. Cover turkey with seasoned butter and place breast side down onto rack on top.	For weights up to 5.4kg (12lb) allow 15 mins per 450g (1lb) and for weights up to 9kg (20lb) allow 12 mins per 450g (1lb).  *Cook at 220°C/Gas 7 for half of cooking time, reduce heat to 190°C/Gas 5 for remaining time.  Turkey is cooked when the juices run clear, allow 15 mins to cool without cover to keep skin crisp.
<b>Turkey Breast: Boned, Rolled &amp; Stuffed</b>	Cover with bacon or pancetta to prevent the outside from drying out.	*Cook at 190°C/Gas 5 for 40 mins per kilo plus 20 mins. Uncover the foil for the last 15mins to crispen the skin/bacon.  Turkey is cooked when internal temperature reaches 75°C.
<b>Goose &amp; Duck</b>	Pat skin dry, rub with oil and season with salt. Remove fat from inside, prick skin all over, tightly cover in foil and put on a rack in a roasting tin.	Allow 20 mins per 450g (1lb) + 20 mins.  *Cook at 220°C/Gas 7 for 1 hour then at 190°C/Gas 5 for the remaining time.  Remove foil 30 mins before end of cooking time, baste and return to oven for crispy skin.
<b>Beef</b>	Remove from fridge 20 mins prior to cooking. Cook with a natural fat coverage with the fat side uppermost.	<ul style="list-style-type: none"> <li>Rare: 20 mins per 450g (1lb) + 20 mins.</li> <li>Med: 25 mins per 450g (1lb) + 20 mins.</li> <li>Well done: 30 mins per 450g (1lb) + 25 mins.</li> </ul> *Cook at 190°C/Gas 5.  Loosely cover with foil and allow to rest for 20 mins.
<b>Lamb</b>	Remove from fridge 20 mins prior to cooking. Cook with a natural fat coverage with the fat side uppermost.	Allow 25 mins per 450g (1lb) + 30 mins.  *Cook at 190°C/Gas 5.  Loosely cover with foil and allow to rest for 20 mins.
<b>Pork</b>	Stud the rind with garlic or sage to add flavour.	Allow 25 mins per 450g (1lb) + 25 mins.  *Cook at 190°C/Gas 5.  Rest without cover for 20 mins to keep the crackle.
<b>Gammon</b>	Boil or roast or combine methods and 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/Gas 5.  Bring to boil and lower heat to simmer. If glaze starts to burn during roasting, cover with foil.

\*Reduce temperature for fan ovens by 10°C, timings may vary due to oven types.

## Leftovers

### Something Different - Sprout Pesto



125g leftover brussels sprouts  
2 garlic cloves  
2 handfuls of basil leaves  
75g parmesan, grated

75g pinenuts, toasted  
Juice 1 lemon  
80ml olive oil  
80ml extra-virgin olive oil

Add all the ingredients except the oil into a food processor and whizz into a paste. Next, add both the oils until combined. Season to your taste and add chilli flakes if desired. Serve stirred through pasta or on bruschetta.



## Leftovers

### Family Favourite - Turkey Curry

2 tbsp oil  
1 large onion, diced  
300g leftover turkey

Pre-prepared curry sauce, ask your butcher for available options  
Leftover boiled potatoes, optional



Heat the oil in a non-stick pan. When the pan is hot add the onion and cook for 2-3 minutes until soft. Add your curry sauce pouch and potatoes and cook for recommended time. Add the turkey and season to taste and serve with the rice of your choice.

### Boxing Day Soup



450g - 500g leftover cooked vegetables  
1 litre vegetable, chicken or turkey stock  
Sprig of fresh herbs/dry herbs (thyme, bay leaf or sage)  
Salt and pepper, to taste

Dice the vegetables into small pieces and add to a saucepan with the stock and herbs. Cover with the lid and simmer for 15 to 20 minutes. Once done blend until thick and smooth and season to your taste.

### Christmas on a Stick

Leftover Christmas dinner  
Suggestions: turkey, sprouts, roasted veg, stuffing balls

Pre-prepared marinade, ask your butcher for available options  
Wooden or metal skewers



Prepare meat with the marinade of your choice. Line a baking tray with greaseproof paper and heat the oven to 190°C. Thread the ingredients of your choice onto the skewers, alternating between each. Place the skewers onto the tray and heat for 8-10 minutes.

### Super Simple - Coronation Turkey

500g leftover turkey  
100g mayonnaise  
75g mango chutney

1 tsp curry powder  
Zest 1 lime  
Salt and pepper, to taste

Add the mayonnaise, chutney, curry powder, lime zest and salt & pepper into a large bowl and mix together. Add the turkey and toss with the dressing until it is well coated. Serve as a sandwich or toastie filling or as a Boxing Day snack.



### Cranberry Turkey Salad



Leftover turkey breast, sliced  
2 red onions, thinly sliced  
200g mixed leaves  
1/2 cucumber, sliced

Juice 1 lime  
2 tbsp balsamic vinegar  
1/2 cup leftover cranberry sauce  
1/4 cup water

Add the turkey breast, onions, mixed leaves and cucumber into a bowl. Combine the lime, vinegar (add more if too sweet), cranberry and water (add more more if too thick) and pour over the salad.

**SCOTTISH CRAFT BUTCHERS**

*Christmas Cooking Guide*

# Turkey

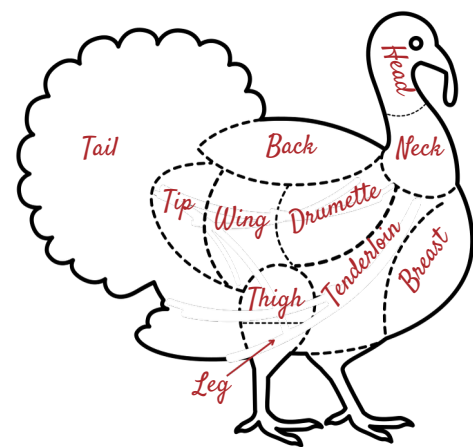
## Buying Your Bird

A whole turkey weighing 5.5kg (12lb) when dressed gives roughly 12 portions. Many butchers will also offer a turkey crown or a rolled and stuffed turkey breast. If your bird is larger than expected use some of the leftover ideas in this brochure to make some quick and easy Boxing Day meals to ensure nothing goes to waste.

## Preparing Your Bird

When stuffing the turkey, only put stuffing in the neck cavity. If you require lots of stuffing, use onions or lemons in the neck cavity and cook your stuffing separately.

Use the cooking guidelines provided to ensure you don't overcook your turkey. Use a temperature probe to make sure your turkey is at least 75°C, this will rise while resting. Remove your turkey from the fridge approximately 1-2 hours prior to cooking to allow the bird to come up to a cool room temperature (do not cook straight from the fridge).



# Duck & Goose

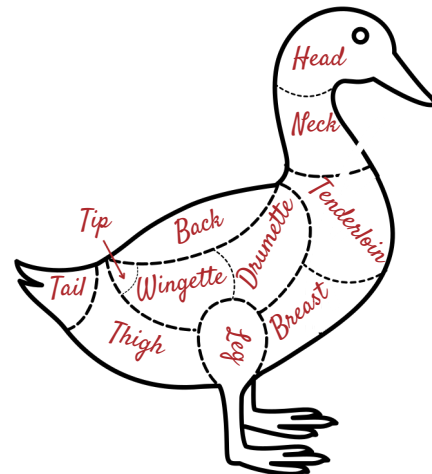
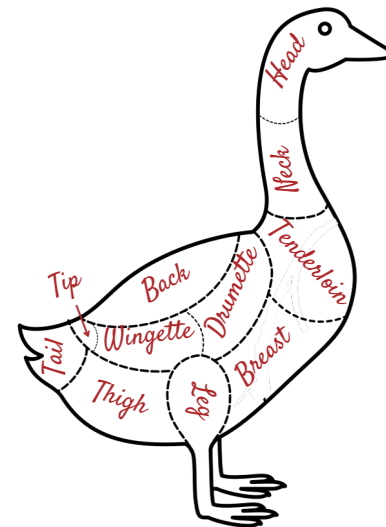
## Buying Your Bird

Allow around 900g (2lb) of goose per person; goose has fantastic flavour but less meat than other birds due to its cavity size. On average a large duck serves up to 4 people and a small one 2 people.

## Preparing Your Bird

Season and stuff the cavity with onions or oranges and mixed herbs and cover with tight fitting foil.

Although duck breast can be served slightly pink, the legs need to be cooked for longer. To stop the breast meat from drying in the oven make sure to ladle out excess fat and baste the bird halfway through the cooking time.



# Pork, Ham & Gammon

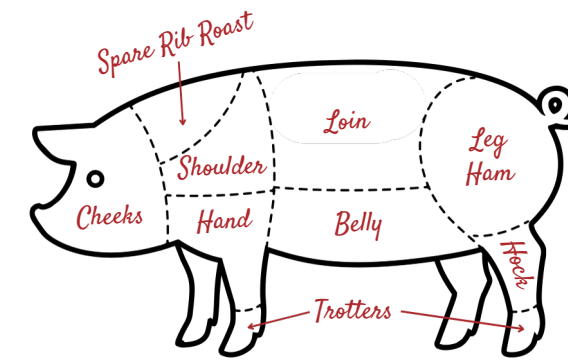
## Buying Your Meat

Most butchers will offer a deboned, stuffed and rolled pork joint meaning all you have to do is pop it in the oven. If you would prefer an alternative stuffing ask your butcher in advance and they should be able to accommodate. Alternatively, you can either buy slices of cooked ham or a gammon joint to cook at home. Many butchers cure their own gammon, however, a honey or marmalade glaze or boiled in liquid like apple juice or cider with herbs gives the meat a fantastic flavour.

## Perfect Pairings

Try making your own stuffing by using flavoured sausage meat or de-skin a sausage of your choice and add festive fruit such as cranberries or orange rind and simply roll into small balls.

Accompany your pork or gammon with a delicious parsley and cider sauce or a more christmassy pear, rum, cinnamon and apple sauce. Add a side of green beans, roasted veg or brussels sprouts to finish off the meal.



# Beef & Lamb

## Buying Your Meat

For fabulous flavours use beef cuts such as sirloin, topside or rib joints. For lamb use leg or shoulder joints. Allow 200g per person for a boneless joint and a bit more for a bone-in joint.

## Perfect Pairings

Pair with sides such as sprout gratin, garlic mushrooms or honey glazed roasted carrots. Or more traditional sides include roasties, yorkies and steamed greens. Speak to your butcher about pre-made spice or herb rubs available.

## Flawless Carving

Before carving the meat, cover with a loose layer of foil and allow to sit for 15-20 minutes. Make sure you have a sharp knife, a carving board and a fork. Hold the meat into place with the fork, use your knife to slice across the grain of the meat for an easy cut.

