



# Christmas Meat

## Preparation & Cooking



### Turkey's, Geese & Cockerels:

Remove from the box and loosely cover with the paper provided, before storing in the fridge. If possible turn your fridge down to its lowest setting.

### Fresh Meat:

Some of the meat is vacuum-sealed for freshness. Remove from the packaging 30 minutes before cooking and pat dry. Any discoloration or slight odour is normal and will disappear once the meat is exposed to air. Allow the meat to reach room temperature, season to taste, and cook as directed.

### Roast Topside

Bring to room temperature & season to your taste.

Pre-heat oven to 220°C/gas 7/fan 200°C.

Roast for 20 minutes, turn the heat down to 180°C/gas 4/fan 160°C, open the door for a couple of minutes to cool, deduct these 20 minutes from the total time.

Allow **15 mins/500g for medium rare** (50°C centre temperature), **20 mins/500g for medium** (60°C centre temperature), **25 mins/500g for well done** (70°C centre temperature). Baste 2-3 times during cooking.

Rest for minimum 15 minutes on a plate and cover with foil, serve and enjoy.

### Roast Beef Rib & Sirloin

Bring to room temperature & season to your taste.

Pre-heat your oven to 220°C/gas 7/fan 200°C.

Roast for 20 minutes, turn the heat down to 180°C/gas 4/fan 160°C, open the door for a couple of minutes to cool, deduct these 20 minutes from the total time.

Allow **15 mins/500g plus 15 mins for medium rare** (50°C centre temperature), **20 mins/500g plus 20 mins for medium** (60°C centre temperature), **25 mins/500g plus 25 mins for well done** (70°C centre temperature).

Baste 2-3 times during cooking. Rest for minimum 15 minutes on a plate and cover with foil, serve and enjoy.



## Roast Turkey on the Bone (whole birds)

Bring to room temperature & season to your taste.

Pre-heat your oven to 200°C/gas 6/fan 180°C. **Allow 45 minutes/kg plus 20 minutes** (75°C centre temperature), ensuring the juices run clear and the meat isn't pink.

Baste 2-3 times during cooking. Rest for minimum 30 minutes on a plate and cover with foil, serve and enjoy.

## Roast Turkey Boneless

Bring to room temperature & season to your taste.

Pre-heat your oven to 200°C/gas 6/fan 180°C.

Allow 45 minutes/kg (75°C centre temperature), ensuring the juices run clear and the meat isn't pink.

Baste 2-3 times during cooking. Rest for minimum 30 minutes on a plate and cover with foil, serve and enjoy.

## Roast Chicken

Bring to room temperature & season to your taste.

Pre-heat your oven to 200°C/gas 6/fan 180°C.

**Allow 45 minutes/kg plus 20 minutes** (70°C centre temperature), ensuring the juices run clear and the meat isn't pink.

Baste 2-3 times during cooking. Rest for minimum 30 minutes on a plate and cover with foil, serve and enjoy.



## Roast lamb shoulder

Bring to room temperature & season to your taste.

Pre-heat your oven to 170°C/gas 3/fan 150°C.

Cover with foil and allow 30 mins/500g plus 40 minutes, removing the foil for the last 30 minutes.

Baste 2-3 times during cooking. Rest for minimum 30 minutes on a plate and cover with foil, serve and enjoy.

## Roast Lamb Leg on Bone

Bring to room temperature & season to your taste.

Pre-heat your oven to 220°C/gas 7/fan 200°C.

Roast for 15 minutes, turn the heat down to 180°C/gas 4/fan 160°C, open the door for a couple of minutes to cool, deduct these 15 minutes from the total time.

Allow **20 mins/500g plus 25 mins for medium** (60°C centre temperature), **25 mins/500g plus 30 mins for well done** (70°C centre temperature).

Baste 2-3 times during cooking. Rest for minimum 15 minutes on a plate and cover with foil, serve and enjoy.

## Roast Lamb Leg Boneless

Bring to room temperature & season to your taste.

Pre-heat your oven to 220°C/gas 7/fan 200°C.

Roast for 15 minutes, turn the heat down to 180°C/gas 4/fan 160°C, open the door for a couple of minutes to cool, deduct these 15 minutes from the total time.

Allow **20 mins/500g plus 10 mins for medium** (60°C centre temperature), **25 mins/500g plus 10 mins for well done** (70°C centre temperature).

Baste 2-3 times during cooking. Rest for minimum 20 minutes on a plate and cover with foil, serve and enjoy.

## Roast Lamb Rack

Bring to room temperature & season to your taste.

Pre-heat your oven to 190°C/gas 5/fan 170°C.

Pre-heat a non-stick frying pan on a high heat and seal the meat on all sides.

Transfer to a small roasting tin and **cook for 15-17 minutes for medium** (60°C centre temperature) and **20-22 minutes for well done** (70°C centre temperature) (adjust times for less than whole racks).

Rest for minimum 10 minutes on a plate and cover with foil, serve and enjoy.



## Roast Pork Leg & Loin

Bring to room temperature, ensure the rind is dry and season with plenty of sea salt. Pre-heat your oven to 220°C/gas 7/fan 200°C.

Roast for 30 minutes, turn the heat down to 180°C/gas 4/fan 160°C, open the door for a couple of minutes to cool, deduct these 30 minutes from the total time.

**Allow 25 mins/500g plus 30 mins** (65-70°C centre temperature). Baste 2-3 times during cooking. Rest for minimum 15 minutes on a plate and cover with foil, serve and enjoy.

## Roast Pork Shoulder & Belly

Bring to room temperature, ensure the rind is dry and season with plenty of sea salt. Pre-heat your oven to 220°C/gas 7/fan 200°C.

Roast for 30 minutes, turn the heat down to 160°C/gas 3/fan 140°C, open the door for a couple of minutes to cool, deduct these 30 minutes from the total time.

**Allow 45 mins/500g plus 45 mins** (65-70°C centre temperature).

Baste 2-3 times during cooking. Rest for minimum 20 minutes on a plate and cover with foil, serve and enjoy.

## Roast Guinea Fowl

Bring to room temperature, wrap in streaky bacon, season to your own taste.

Pre-heat your oven to 230°C/gas 8/fan 210°C.

**Allow 15 minutes/500g plus 15 minutes** (75°C centre temperature), ensuring the juices run clear and the meat isn't pink.

Baste 2-3 times during cooking. Rest for minimum 10 minutes on a plate and cover with foil, serve and enjoy.

## Roast Partridge

Bring to room temperature, wrap in streaky bacon, season to your own taste.

Pre-heat your oven to 200°C/gas 6/fan 190°C.

**Allow 35-40 minutes** (75°C centre temperature), ensuring the juices run clear and the meat isn't pink.

Baste 2-3 times during cooking. Rest for minimum 10 minutes on a plate and cover with foil, serve and enjoy.

## Roast Pheasant

Bring to room temperature, wrap in streaky bacon, season to your own taste.

Pre-heat your oven to 220°C/gas 7/fan 210°C.

**Allow 40-45 minutes** (75°C centre temperature), ensuring the juices run clear and the meat isn't pink.

Baste 2-3 times during cooking. Rest for minimum 10 minutes on a plate and cover with foil, serve and enjoy.

