

WHOLE TURKEY COOKING TIMES

Our method should help you to produce a truly tasty turkey with especially succulent breast meat. If your turkey is tied up, it is best to remove the string before cooking.

We don't advise stuffing the turkey. Stuffing the turkey is a time honoured tradition but it also makes it harder to cook a succulent bird as you have to cook it long enough to also cook the stuffing. If you wish to stuff your turkey, prepare your favourite stuffing recipe and fill the neck cavity only. You may like to put a large Bramley apple or peeled onion into the body cavity.

Sprinkle the bird with salt and pepper then place it breast side down, the reason for cooking the turkey this way is that it Allows the juices of the thigh meat to keep the breast meat succulent (covered with foil if you prefer) in a roasting tin.

The oven should be pre-heated to **230°C/450°F/Gas Mark 8** and the bird cooked at this temperature for **30 to 60 minutes** depending on size, before reducing the heat to **190°C/375°F /Gas Mark 5**.

SUGGESTED COOKING TIMES (Remember ovens vary greatly)			
OVEN READY WEIGHT		TOTAL COOKING TIME	
KILOS	LBS	WITHOUT FOIL	WITH FOIL
4	8.8	1 Hour 50 Mins	2 Hour 35 Mins
5	11	2 Hour 10 Mins	2 Hour 55 Mins
6	13.2	2 Hour 30 Mins	3 Hour 15 Mins
7	15.4	2 Hour 50 Mins	3 Hour 40 Mins
8	17.6	3 Hour 10 Mins	4 Hour 00 Mins
9	19.8	3 Hour 30 Mins	4 Hour 25 Mins
10	22	3 Hour 50 Mins	4 Hour 45 Mins
11	24.2	4 Hour 00 Mins	5 Hour 00 Mins

Take out 30 minutes before the end of cooking tire open the foil (if used) and turn the bird onto its back to brown the breast. Do try to avoid over-cooking, test with a fork on the inside of the thigh - the bird is ready when the juices run clear. After cooking, allow the turkey to rest for about 15 to 20 minutes, before carving. If you try to carve the turkey straight away you will allow the moisture to be released.

Please note: These are only guidelines, ensure that the thickest part of the bird (between the breast and the thigh) has an internal temperature of 70°C/170°F for two minutes using a temperature probe or food thermometer

CARVING

You will find the following sequence makes for easy carving

- Hold the leg by the end knuckle. Cut close to the body and twist off. Carve this dark leg meat.
- Similarly remove the wing and cut in half.
- Slice the breast meat from one side.
- Repeat for the other side

Storing leftovers: Keep cooked meat and poultry in the fridge. If they are left out at room temperature, bacteria that causes food poisoning can grow and multiply. After you've feasted on the turkey, cool any leftovers as quickly as possible (within one or two hours), cover them and put them in the fridge. Ideally, try to use up leftovers within 48 hours.