

THE PERFECT CHRISTMAS ROAST

Cooking is a personal preference. Everyone has their own special way of creating magic in the kitchen — more often than not passed down from generation to generation. But for those who are slightly unsure of how to get the most from your Christmas meat we have compiled easy to follow instructions below.

Feel free to add your own unique twist and remember... festive cooking should be a pleasure, not a chore.

For the most succulent results we recommend 'French Roasting' your joints. Fill a roasting tray with a half to one inch of boiling water and then add your chosen herbs, spices, seasoning and a 'trivet' of root vegetables — onion, parsnip, carrot etc... roughly chopped to provide a base to place the meat. Alternatively, a metal cooling rack or meat rack will suffice... but won't add half as much flavour as the vegetable base. IT'S IMPORTANT FOR THE MEAT TO NOT BE IN THE WATER!

Place the meat on top, season with salt and pepper and cover the meat with foil. Loose or tight... it's your call. To achieve the final browning of the meat, remove the foil for the last 20 minutes in the oven.

JOINTS				
Number of People	Weight Range	lbs	oz	Cooking Time
4 to 5	1 - 1.25	2	: 7	50 mins
6 to 7	1.25 - 1.5	3	: 1	1hr
8 to 9	1.5 - 1.75	3	: 9	1hr 10 mins
9 to 10	1.75 - 2	4	: 2	1hr 20 mins
11 to 12	2.25 - 2.5	5	: 4	1hr 40 mins
13 to 14	2.5 - 2.75	5	: 12	1hr 50 mins
14 to 15	2.75 - 3	6	: 5	2 hrs
15 to 16	3 - 3.25	6	: 14	2hr 10 mins
16 to 17	3.25 - 3.5	7	: 7	2hr 20 mins
17 to 18	3.5 - 3.75	7	: 16	2hr 30 mins
18 to 19	3.75 - 4	8	: 9	2hr 40 mins
19 to 20	4 - 4.25	9	: 1	2hr 50 mins
21 to 22	4.25 - 4.5	9	: 11	3hr
23 to 24	4.5 - 4.75	10	: 3	3hr 10 mins
24 to 25	4.75 - 5	10	: 12	3hr 20 hrs



COOKING GUIDELINES

Pre-heat your oven to 190 degrees centigrade (375degrees Fahrenheit)
Gas mark 5, or 170 degrees centigrade for a fan oven.

IMPERIAL: 20 minutes per pound and 20 for the pot
METRIC: 20 minutes per half KILO and 30 for the pot.

To ensure your meat is cooked, insert a clean skewer into the thickest part. When cooked, the juices should run clear. If pinkish, return to the oven and cook for a little longer — then re-test. You can cover your meat in butter, Ghee, brandy butter, herbs, garlic, fresh horseradish, olives, pickles or citrus fruits. Go wild... it's Christmas.

How much meat to feed the family?

WHOLE TURKEYS			
Number of People	KG	Pounds/ Ounces	Cooking Time
4 to 6	3	6.6	2hr 10min
6 to 8	4	8.8	3hr
8 to 10	5	11.0	3 hr 40mins
10 to 12	6	13.2	4hr 25min
12 to 14	7	15.4	5hr 10mins
14 to 16	8	17.6	5hr 50min
16 to 18	9	19.8	6hr 35min
18 to 20	10	22.0	7hr 20min
20 to 22	11	24.3	8hr 5min
22 to 24	12	26.5	8hr 50min

TURKEY CROWN			
Number of People	KG	Pounds/ Ounces	Cooking Time
4 to 6	3	6.6	2hr 10min
6 to 8	4	8.8	3hr
8 to 10	5	11.0	3 hr 40mins
10 to 12	6	13.2	4hr 25min
12 to 14	7	15.4	5hr 10mins
14 to 16	8	17.6	5hr 50min
16 to 18	9	19.8	6hr 35min