

ENJOY THE BEST FLAVOUR AND QUALITY THIS CHRISTMAS

with
Our cooking suggestions



**Golden Turkey® - the ONLY quality assurance standard in
the UK for traditional free-range turkeys!**

Preparing & Cooking your Golden Turkey

Preparation - for Whole Birds & Crowns

As soon as possible after collecting your Golden Turkey®, remove all packaging and store in a cool place, preferably at the bottom of your fridge.

- Where applicable, remove the giblets and keep separately in a cool place.
- Remove the turkey from the fridge 2 hours before cooking to allow to reach room temperature.
- If your turkey is trussed, it is best to remove the string before cooking.
- Do not stuff the main cavity as this will stop the turkey cooking properly. Instead, you might like to place an apple or onion in the cavity.
- We recommend avoiding using foil as this can prevent achieving a lovely, crispy skin.
- Place the giblets around the bird. Place the bird breast-side down in the roast tin and season with salt and pepper. For crowns, keep the breast up. The oven should be preheated to 180° (160° fan) Gas 4/5. For an Aga, use closest to these temperatures. (See table for suggested cooking times)
- Gravy always tastes better when the turkey giblets are used to make it.
- After an hour of cooking, turn the bird carefully onto its back to further cook and brown the breast.
- It is very important not to overcook a turkey - many people do and then are disappointed when it is dry. This can be avoided by using a 'pop-up timer' or meat thermometer that detects when the turkey is cooked. You are looking to achieve a temperature of around 68 degrees pre-resting. Failing that, test with a fork on the inside of the thigh - when the juices run clear, the bird is ready.
- After removing the turkey from the oven and carving it, allow it to rest for 30-60 minutes. Do not cover.

Preparation - for Breast Joints

Remove from the fridge 2 hours before cooking. You might like to spread butter over the roll and season. Roast at 180° (160° fan).

Guideline Cooking Times*

*ovens cooking temperatures vary! Consult your manufacturers manual if in doubt.

Whole Birds & Crowns

| | |
|-------------|---------------|
| 4 kg | 2 hours |
| 5 kg | 2 - 2 ¼ hrs |
| 6 kg | 2 ¼ - 2 ½ hrs |
| 7 kg | 2 ½ - 2 ¾ hrs |
| 8 kg | 2 ¾ - 3 hrs |
| 9 kg | 3 - 3 ¼ hrs |

Breast Joints

| | |
|---------------|---------|
| 1 kg | 1 hour |
| 1 ½ kg | 1 ¼ hrs |
| 2 kg | 1 ½ hrs |

Larger Birds

Check every 15 minutes after 3 hours.

Carving Tips

- Hold by the leg, by the end knuckle, cut close to the body and twist off
- Carve the dark leg meat.
- Remove the wing and cut in half
- Slice the breast meat from side and repeat for other side.

Pappardelle Pasta with Portobello Mushroom, Bacon, Rosemary & Turkey Ragout



Serves 4 - 6

2 tbsp olive oil
50g butter
4 Portobello mushrooms, thickly sliced
20g dried porcini, soaked
3 garlic cloves, crushed
1 sprig fresh rosemary, leaves chopped
sea salt flakes
freshly ground black pepper
300g pappardelle
100ml white wine
300ml double cream
2 tbsp Dijon mustard
50g grated parmesan, plus extra to serve
350g cooked turkey meat, cut into chunks
75g cooked, crispy bacon, cut into pieces
chopped parsley to serve

Per serving (514g)

| | |
|---------------------|---------------|
| 4512kJ / 1083 cal | 3.7g sugars |
| 69.7g fat | 5.4g fibre |
| 37.8g saturates | 50.1g protein |
| 56.6g carbohydrates | 1.8g salt |

Method

Heat the olive oil and butter in a saucepan over a high heat and add the mushrooms, garlic and rosemary. Cook for 4 minutes, add a little of the porcini soaking water with some salt and pepper and reduce slightly.

Meanwhile, cook the pasta in a large pan of boiling, salted water until al dente (firm to the bite). Drain the pasta, reserving a cup of the pasta water.

Add the wine, cream, mustard and parmesan to the mushrooms and reduce further until thickened slightly. Stir in the turkey meat and bacon and warm through.

Place the pasta into a serving bowl, top with some sauce and scatter with some freshly chopped parsley and grated parmesan. Serve immediately.

For a healthier option, replace the double cream with single and replace 30g of the butter with 2 tsbp olive oil.

Turkey Laksa with Chilli & Lime



Serves 4

1 litre turkey stock (made from the roasted carcass), skimmed and well-strained
4 spring onions, sliced
2 shallots, finely chopped
3 garlic cloves, crushed
2 birds eye chillies, chopped plus 1 to serve
5cm piece of ginger, finely grated
6 kaffir lime leaves, torn
400ml coconut milk
1 tbsp sesame oil
1 tbsp fish sauce
juice of 1 lime plus extra lime wedges to serve
2 tsp finely grated palm or brown sugar
200g vermicelli rice noodles, cooked
500g leftover cooked turkey meat, shredded
200g tenderstem broccoli, trimmed and cooked
a few sprigs of mint and coriander leaves to serve

Per serving (621g)

| | |
|---------------------|---------------|
| 2040kJ / 488 cal | 6.3g sugars |
| 25.8g fat | 3.2g fibre |
| 16.9g saturates | 44.1g protein |
| 18.2g carbohydrates | 1.1g salt |

Method

Put the stock in a pan with the spring onions, shallots, garlic, chopped chillies, ginger, lime leaves, coconut milk, sesame oil, fish sauce, lime juice and sugar. Bring to the boil and simmer for 10 minutes.

Then add the noodles, turkey and broccoli. Cook for a further 25 minutes or until the turkey is piping hot.

Transfer to bowls, top with some sprigs of mint and coriander leaves and serve immediately with the sliced chilli and lime wedges.

Turkey Tikka Masala



Per serving (482g)

2331kJ / 559 cal
33.1g fat
13.0g saturates
17.2g carbohydrates
14.5g sugars
4.2g fibre
45.8g protein
1.2g salt

Serves 4

500g leftover cooked turkey meat, cut into chunks
200g thick natural yoghurt
1 green chilli, chopped
juice of 1 lime, plus extra wedges to serve
2 tbsp tikka masala paste
sea salt flakes
freshly ground black pepper
3 tbsp vegetable oil
50g butter
5 green cardamom pods
1 cinnamon stick
2 onions, chopped
2cm fresh ginger, grated
4 large garlic cloves, crushed
1 tsp ground cumin
2 tsp ground coriander
½ tsp ground turmeric
400g tin of chopped tomatoes
1 tbsp tomato puree
125ml single cream
200ml water
1 tsp fenugreek leaves, crushed (optional)
1 tsp garam masala
1 tsp sugar
To serve: a small bunch of coriander, chopped, naan bread, steamed rice and Greek yoghurt

Method

Put the leftover turkey meat into a large mixing bowl with the yoghurt, chilli, lime juice, tikka masala paste, some salt, pepper and 1 tbsp of vegetable oil, tossing well to coat. Set aside for at least 30 minutes or overnight in the fridge.

To make the curry sauce, heat the remaining oil and butter in a deep frying pan, then add all the cardamom and cinnamon and cook for 20 seconds until you can start to smell the spices. Add the onions with a pinch of salt and cook for 6-8 minutes until they start to colour.

Add the ginger, garlic, cumin, coriander, turmeric, chopped tomatoes and tomato puree and stir well. Simmer for 15 minutes until the oil starts to separate from the sauce.

Use a stick blender to puree until smooth or leave a little chunky if you like. Heat the grill to high. Transfer the meat from the marinade to a baking tray lined with foil, reserving the marinade. Grill the marinated cooked turkey for 5 minutes on each side until heated through and the marinade is charring in places.

Serve sprinkled with some chopped coriander, extra lime wedges, naan bread, steamed rice and Greek yoghurt.