



whole turkey free range

roast



approximate times

5kg - 3½ hours | 6kg - 4 hours
7kg - 4½ hours | 8kg - 5 hours

method

On the day of roasting, remove your bird from the fridge, pat dry excess moisture and bring to room temperature. Make a note of the weight from the label.

Preheat your oven to 210°C for fan-assisted or 230°C for ovens without a fan (gas 8).

Choose a large, heavy-based roasting tray, ideally with deep sides and handles for easy movement.

*Softens 150g of butter with the zest of a lemon, sea salt, thyme leaves, and a splash of olive oil.

Gently lift the skin away from the breast meat, starting at the cavity and then carefully push the softened butter between the skin and flesh.

Next, cut an onion in two and place it with the rindless lemon into the cavity with some fresh sage.

Place the turkey on a wire trivet, then pour 300ml of water onto the base of the tray.

Cover the turkey with foil then place the tray in the oven and roast for 30 minutes, then reduce the heat to 160°C fan-assisted or 180°C without a fan (gas 4) and continue to roast for an additional 35 minutes per kilo.

Remove the foil for the final 20 minutes or so to crisp the skin. To check the turkey is cooked, pierce the skin between the thigh and breast and push a skewer into the flesh close to the bone, the juices should run clear.

Carefully remove the turkey onto a large tray and keep warm by covering with a sheet of foil.

It's essential to rest the turkey for a minimum of 1 hour or up to half the roasting time.

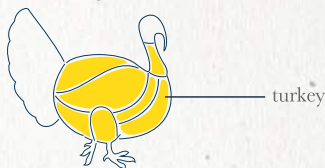
For the gravy, pour the roasting juices into a clean pan then sauté the giblets in the roasting tray with the onion and sage from the roasted bird then add 1 litre of light poultry stock plus the roasting juices and deglaze the roasting tray, stirring in all the caramelized juices from the tray, then bring to the boil.

Skim any fat that rises to the surface and then thicken with a little corn flour mixed with some cold water.

Pass through a fine sieve ready to serve.

serving suggestions

Serve with cranberry and bread sauces, roast potatoes and a selection of seasonal vegetables.



for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

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better
meat™

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