

XMAS MEAT COOKING GUIDE

WHOLE TURKEY

1. Pull the turkey out of the fridge 1 hour prior to cooking
2. Preheat oven to 200c
3. Rub skin with salt, pepper and melted butter
4. Put turkey in for 30mins
5. Reduce oven heat to 170c

TOTAL COOKING TIME 4KG: 2 HOURS 45 MINS
 6KG: 3 HOURS 30 MINS
 8KG: 4 HOURS 15 MINS

TURKEY BREAST

1. Preheat oven to 180c
2. Pat breast dry with paper towel after you take out of cryovac bag
3. Rub skin with salt, pepper and melted butter

TOTAL COOKING TIME 2.5KG: 2 HOURS 10 MINS
 3.5KG: 2 HOURS 40 MINS
 4.5KG: 3 HOURS 10 MINS

***TIP:** I like to cook this the night before, cool it whole overnight in the fridge and then you get perfect slices as it won't fall apart. If you want to cook it on the day please let it rest 1 hour prior to slicing*

HAM ON THE BONE

1. Remove skin in one piece (Tip: Use the skin after you have finished to wrap the leftover ham in)
2. Score the fat in a diagonal pattern and rub in 1/5th of our glaze
3. Let sit out of fridge for 1 hour prior to cooking
4. Set oven/webber/bbq at 160c
5. Sit ham on rack if possible, with a tray underneath, and put 2 cups of water in
6. Glaze ham every 30-40mins
7. You can increase the heat for the last 30mins of cooking time to get a darker, roasted finish

TOTAL COOKING TIME 4KG: 1 HOURS 30 MINS
 6KG: 2 HOURS
 8KG: 2 HOURS 30 MINS
 10KG: 3 HOURS
 12KG: 3 HOURS 30 MINS

BONELESS HAM

1. Score in a diagonal pattern and rub in 1/5th of our glaze
2. Let sit out of fridge for 1 hour prior to cooking
3. Set oven/webber/bbq at 160c
4. Sit ham on rack if possible with a tray underneath, put 2 cups of water in
5. Glaze ham every 20-25mins

TOTAL COOKING TIME 2.5KG: 1 HOUR
 3.5KG: 1 HOUR 30MINS
 4.5KG: 2 HOURS

PORK LOIN- PULLED PORK

1. Take out of cryovac bag, pat dry and leave out of fridge for at least 2 hours (overnight ideal)
2. Rub lots of salt and pepper on skin
3. Preheat oven to 220c
4. Roast pork on rack for 45mins till crackle starts going golden brown- you can put onions, carrot and garlic in tray to turn into gravy later if desired
5. Turn heat down to 150c
6. Rest for 1 hour prior to serving

TOTAL COOKING TIME 2-3KG: 3 HOURS
 3-4KG: 4 HOURS
 4-5KG: 5 HOURS

TIP: *Pork juice, onion, carrot etc can be turned into gravy. add 1 cup red wine, reduce by half then add 3 cups of beef or chicken stock, then reduce to 1/3rd.*

LEG OF LAMB BONE IN

TIP: *I prefer to cook this the night before*

1. Score skin, put slices of raw garlic, mint, thyme in holes
2. Pour over olive oil, salt and pepper and put on rack in roasting tray
3. Preheat oven to 220c
4. Roast for 40mins with onions and carrot till golden
5. Reduce oven to 150c
6. Pour enough water to half cover lamb
7. Add 2 tbs honey, 2 tbs sweet soy and cover in foil
8. Cook for 4 hours
9. Lift lamb so it is out of the water and rest for 1 hour
10. Refrigerate liquid separate to lamb overnight, this will create a layer of fat in which you peel off to make gravy
11. In a saucepan add 2 cups red wine, reduce by half then add lamb liquid and reduce to 1/4
12. Wrap lamb in foil and gentle heat 1 hour at 170c