|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MEAT** | **OVEN TEMPERATURE** | **COOKING TIME PER KG** | **EXTRA COOKING TIME** | **RESTING TIME** | **BASTING** | **IDEAL TEMPERATURE** |
| **Turkey** | 180C | Count 40min per KG, or 45min per KG if the turkey is over 4KG.  |  | Rest for 30-45min under the foil | Keep basting the turkey to avoid it getting dry | Free Range turkeys are safe from 65-70C For all others turkeys we recommend 74C + |
| **Turkey Crown** | 190C under the foilRemove the foil 30min before the end of cooking time and raise temperature to 200C. | Count 20min per KG. | Under 4KG > Add 70min to the totalOver 4KG > Add 90min to the total | Rest for 15-20min under the foil | Make sure you are basting regularly to avoid it getting dry, or cover it with bacon or pancetta while cooking. Juices should run clear (rather than pink), if not keep cooking and check every 5min. | Rise to 74C |
| **Turkey Rolled Breast** | 190C | Count 40min per KG | Add 20min to the total.  | Rest for 30min under the foil in a warm place |  | Rise to 70C |
| **Goose** | 10min at 240C, then reduce to 190C | 10min at 240C, then count 20min per KG (medium rare) or 32min per kg (well done). |  | Rest for 30min under the foil |  | Over 74C |
| **Chicken** | 180C | Count 16min per 450G – Use foil if the chicken starts browning too much | Add 16-20min (until juices run clear, rather than pink) | Rest for 10-20min under the foil | Baste half way through it, when you turn your chicken upside down | Rise to 75C |
| **Cockerel** | 190C | Count 14min per 450G – use foil if the cockerel becomes browning too much | Continue cooking until juices run clear – check every 5min.  | Rest for 20min under the foil.  | Baste every 45min | Rise to 75C |
| **Gammon** | 180C  | Cook in a large pot with water, bring the pan to boil, simmer and count 20MIN per 450G + 30min extra.  | Then oven cook at 180C for 1H30-2H00 | Rest for 15min.  | Glaze the gammon every 15min. | Over 62C |
| **Pigs in blanket** | 180C | Defrost before cooking, then cook for about 30min until done (Back should be crispy) |  | Rest for a few minutes |  | Around 71C |
| **Chipolata** | 200C | 15-20min until done |  | Rest for a few minutes.  |  | Around 71C |