



**HIGGINSONS**  
of GRANGE

*CHRISTMAS*  
**COOKING GUIDE**





## COOKING THE PERFECT CHRISTMAS TURKEY

### TO PREPARE & COOK YOUR TURKEY:

1. Remove the turkey from the fridge an hour before cooking and pre-heat the oven to the starting temperature of 220°C / Fan oven 200°C / Gas Mark 7.
2. Quarter a peeled onion and an apple and place these along with two peeled garlic cloves and any fresh herbs of your choice in to the body cavity of the turkey. If you wish to stuff your turkey, fill the neck cavity only with your forcemeat and then recalculate the total cooking time to include the weight of your forcemeat.
3. Sprinkle the turkey with salt & pepper then flip it over and place the turkey breast side down in a large roasting tin. Sprinkle again on the other side. Cooking the turkey breast side down until the last 30-45 minutes helps keeps the meat lovely and succulent whilst the brown meat cooks evenly. If you do this there is no need to use butter or bacon to cover your turkey. Our turkeys are hand plucked and any feather stubs visible on the breast will burn away when roasted.
4. To ensure a perfectly cooked turkey, use the pop-up timer included. Insert the timer in the middle of one of the breasts (without it touching any bone).

### COOKING TIMINGS - WHOLE TURKEY/ TURKEY CROWN IN A CONVENTIONAL OR FAN OVEN

- Cook the turkey breast-side down at 220°C / Fan oven 200°C / Gas Mark 7 for 30 minutes (or for the first hour if the bird is over 5kg), and then lower the oven to the roasting temperature of 190°C / Fan oven 170°C / Gas Mark 5 for the remainder of the cooking time.
- Total cooking time is approximately 30 minutes per kg, depending upon your oven.
- Approximately 30 minutes before the end, turn the bird back over so the breast bronzes.
- The pop-up timer will indicate when the turkey is cooked and the juices should run clear.

#### TOP TIP

Leave your turkey or boneless turkey breast to rest, uncovered for 30 minutes before serving.

### COOKING GUIDELINES - TURKEY BREAST ROAST IN A CONVENTIONAL OR FAN OVEN

- Remove the turkey breast from the fridge an hour before cooking and pre-heat the oven to 190°C / Gas Mark 5.
- Cover your turkey breast with bacon or smear with butter to prevent it drying out during cooking.
- Insert a pop-up timer, sprinkle with salt and pepper and place in a foil-lined roasting tray. Loosely cover with foil.
- Cook the turkey breast according to its weight, allowing approximately 40 minutes per kg, plus 20 minutes.
- Approximately 20 minutes before the end, remove the foil so the turkey crisps up.
- The pop-up timer will indicate when the turkey is cooked and the juices should run clear.





## COOKING OTHER *FESTIVE* POULTRY

### PREPARING & COOKING A GOOSE

1. Remove the goose from the fridge an hour before cooking and pat the skin dry. Pre-heat the oven to the starting temperature of 220°C / Fan oven 200°C / Gas Mark 7.
2. Quarter an apple and chop a leek, placing these along with some fresh thyme or rosemary into the cavity of the goose. Alternatively, you could stuff your goose with forcemeat but either way, only fill half of the cavity.
3. Prick the fat glands under the wings of the goose and by the back cavity to allow the surplus fat to be extracted during cooking, giving a crispy skin.
4. Cover the legs with tin foil and place the goose breast-down in a roasting tray. Sprinkle with salt.
5. To ensure a perfectly cooked goose, use the pop-up timer included. Insert the timer in the middle of one of the breasts (without it touching any bone).
6. Cook the goose breast side down at 220°C / Fan oven 200°C / Gas Mark 7 for the first 30 minutes until the skin is crisp and bronzed, then lower the oven to 190°C / Fan oven 170°C / Gas Mark 5 for the rest of the cooking time (approximately 30 minutes per kg, plus 20 minutes) and cover loosely with foil.
7. Halfway through cooking, remove from oven to ladle out excess fat and lightly baste, then re-cover.
8. For the final 20 minutes (and once the juices are running clear) remove the foil, turn the goose breast-side up and allow to bronze. The pop-up timer will indicate when the turkey is cooked.
9. Allow to rest for an hour before serving.

### COOKING GUIDELINES – DUCK IN A CONVENTIONAL OR FAN OVEN

1. Remove the duck from the fridge an hour before cooking and pat the skin dry. Pre-heat the oven to 200°C / Fan oven 180°C / Gas Mark 6.
2. Prick the skin around the duck legs and season all over with salt and pepper.
3. Place on a rack in a roasting tin and roast for approximately 40 minutes per kg plus 10 minutes.
4. The duck is cooked when the juices run clear. Remove from the oven and allow to rest for 20 minutes before serving.

#### TOP TIP

Use the excess goose or duck fat for basting the roast potatoes!

### COOKING GUIDELINES - CHICKEN & COCKEREL IN A CONVENTIONAL OR FAN OVEN

- Remove the bird from the fridge an hour before cooking and pre-heat the oven to 190°C / Fan oven 170°C / Gas Mark 5.
- Stuff the cavity of the bird with your choice of forcemeat or stuffing, if desired.
- Rub the bird with butter, sprinkle with salt and pepper, insert a pop-up timer into the breast, and place in a foil-lined roasting tray.
- Cook the chicken or cockerel according to its weight, allowing 35-40 minutes per kg plus 15 minutes, basting with the tray juices occasionally.
- When the bird is cooked, the pop-up timer will indicate and the juices will run clear.
- Once cooked, remove from the oven and allow the bird to rest for 20-30 minutes.





## COOKING *FESTIVE* JOINTS

### PREPARING & COOKING ROAST BEEF

1. Pre-heat the oven to 220°C / Fan oven 200°C / Gas Mark 7. Remove the joint from the fridge an hour before cooking and weigh the joint to calculate the cooking times as follows:  
Boneless Joint – for rare allow 20 mins per 450g plus 20 mins, for medium allows 25 mins per 450g plus 25 mins and for well done allow 30 mins per 450g plus 30 mins.  
Rib of Beef – 20 mins on high temperature plus 15 mins per 500g for medium or until the middle of the joint reaches the correct probe temperature of medium/rare 55°C, medium 60°C or medium/well 65°C.
2. Rub the joint all over with oil and sprinkle with salt and pepper. Place on a heavy pre-heated roasting tray and sear the joint all over to colour the outside then transfer into the oven on high for 15 minutes, turning down to 190°C / Fan oven 170°C / Gas Mark 5 for the desired length of cooking, basting occasionally.
3. Remove the joint from the oven, cover with foil and leave to rest for 30 minutes before serving.

### COOKING GUIDELINES – BEEF WELLINGTON IN A CONVENTIONAL OR FAN OVEN

Our beef Wellingtons come part-cooked. We pan-fry the fillets to seal, before cooking lightly in the oven.

1. Pre-heat the oven to 200°C / Fan oven 180°C / Gas Mark 6 and place on greaseproof paper.
2. Glaze the Beef Wellington all over with an egg wash (1 whole egg and 1 tbs milk whisked).
3. Cook according to preference, as follows: For medium/rare cook for 30-35 mins, for medium cook for approximately 45 mins, for medium/well cook for 50-55 mins.
4. Ovens vary so to check the level of cooking, probe the centre of the meat. The following temperatures should be reached: medium/rare 55°C, medium 60°C, medium/well 65°C.
5. Once the pastry is golden brown, to prevent it from darkening during cooking, place a foil lid lightly over the top of the Beef Wellington and remove 5 minutes before the end of cooking.
6. Allow to rest for 20 minutes before serving.

### COOKING GUIDELINES - ROAST GAMMON

- Gammon can be boiled or roasted, or both methods can be combined by boiling for half the time followed by roasting for the remainder.
- Cooking times – roast or simmer for 20 mins per 450g plus 20 mins.
- If roasting, pre-heat the oven to 190°C / Fan oven 170°C / Gas Mark 5 or if boiling, allow the liquid to come to the boil then turn down to a simmer.
- If boiling, you can choose to use a large pan of cold water with any flavorings that you like such as cinnamon, bay leaves or brown sugar or alternatively use cider, ginger ale or cherry cola.
- For either method, once the joint is cooked, drain (if boiled) and leave to cool.
- To glaze your gammon, remove the top layer of skin leaving the fat. Make shallow cuts in the fat but avoid cutting into the meat.
- Brush with your glaze, then wrap foil loosely around the joint and roast for 20 minutes at 190°C / Fan oven 170°C / Gas Mark 5.





## COOKING MULTI-BIRD *FESTIVE* ROASTS

### **COOKING GUIDELINES - 3 BIRD ROAST/ 5 BIRD ROAST/ BALLOTINE/ CHUCKLING/ PINTARDE FARCIE/ STUFFED PHEASANT IN A CONVENTIONAL OR FAN OVEN**

- Remove the joint from the fridge and bring up to room temperature.
- Pre-heat the oven to 190°C / Fan oven 170°C / Gas Mark 5. Calculate the cooking time allowing 40 mins per kg plus 20 minutes.
- Place the joint in a large roasting tray and season well. Cover the joint loosely with a tent of foil and place into the middle of the pre-heated oven.
- Roast for the calculated time, basting every 30 to 40 mins.
- Remove the foil tent approximately 30 minutes before the end of the cooking time to allow the skin to brown and crisp up.
- To ensure a perfectly cooked joint, insert a skewer into the middle of the joint. Any juices should run clear. If they are a little pink, give the joint a further 15 minutes cooking time and re-check.
- Once cooked, remove the joint from the oven and cover with foil to rest for 20 minutes before serving.

#### **TOP TIP**

Use any juices from the roasting tray to make a delicious gravy.

#### **COOKING QUERIES**

If you are unsure of anything or have any specific questions related to the cooking of our Christmas items, please get in touch with a member of our team who will be able to help.

T: 015395 34367

E: [shop@higginsonsofgrange.co.uk](mailto:shop@higginsonsofgrange.co.uk)

