

G&J BARRON

farms
Est 1943



Cooking & Carving
Instructions



Before cooking your Turkey

Your turkey needs to be removed from the fridge approximately 2 hours before cooking to allow the bird to reach room temperature.

Turkey cooking times

Weigh it with any stuffing before calculating cooking times.

Whole bird

Cooking weight including stuffing	Initial blast at 220°C / fan 200°C / Gas 7	Reduce to 160°C / fan 140°C / Gas 3
4kg (9lb)	30 min	1 ½ to 2 hrs
5kg (11lb)	40 min	2 ½ hrs
6kg (13lb)	40 min	3 hrs
7kg (15.5lb)	45 min	3 ¼ hrs
8kg (17.5lb)	45 min	3 ½ hrs
9kg (20lb)	50 min	3 ¾ hrs
10kg (22lb)	50 min	4 hrs

Finally another 30 min uncovered at 190°C / fan 180°C / Gas 6 for browning. Skip this step if turkey is already cooked.

Crowns

To roast your turkey crown, prepare for the oven as you would a whole bird. The oven temperature stays constant, 190°C / fan 180°C / Gas 5.

Crowns under 4kg = 20 mins per kg + 60 mins

Crowns over 4kg = 20 mins per kg + 90 mins

Check the progress 20 mins before cooking time is complete as all ovens do vary. The meat temperature should be 71°C and the juices run clear when your crown is cooked.

At G&J Barron we recommend using a meat thermometer to check when your turkey is cooked remembering that the end of the probe should be in thickest part of the meat and take several readings it should be around 71°C on our fresh turkeys.

How to cook your Turkey

1. Preheat your oven to:

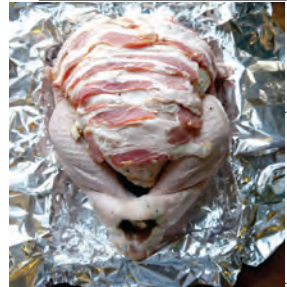
220°C / fan 200°C / Gas 7 **Whole Bird**

190°C / fan 180°C / Gas 5 **Crown**

Stuff the neck cavity of the bird and tuck the neck skin under and secure in place with a skewer or cocktail sticks and tie down the legs.

2. Line the roasting tin with foil, ensuring enough to completely enclose the turkey.
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3. Place the turkey in the roasting tin breast side up and season with salt and pepper. Place streaky bacon over the breast of the turkey with rashes overlapping each other.
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4. Make a tent around the turkey by encasing it in the foil, scrunching it together to prevent any hot air from escaping. Leaving enough room inside the tent for the air to circulate. The tin foil not only ensures that the inside of the turkey is cooking as quickly as the outside but also protects the turkey from drying out.
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5. Place turkey into the hot oven on the lower shelf for the initial blast, then continue cooking at the reduced temperature (crowns do not change temperature). 30 minutes before the end of the cooking time (taken from the chart) peel back the foil and check the juices by piercing the top of the thigh with a thin skewer. We would expect the juices to still be a little pink at this stage and if using a thermometer the temperature will be approximately 60°C. So rewrap and return to the oven.
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6. **However**, if the temperature reaches 71°C and the juices run clear the turkey is cooked **do not return to the oven**.
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7. **Finally** fold back the foil and return to the oven for browning and the final 30 minutes cooking only if required.
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NB. Take care at this stage not to overcook your turkey.

8. If your turkey juices are still not running clear after browning rewrap and return to oven, Check at 10 minute intervals until cooked as above. Once the turkey is cooked place on a dish and cover with foil to rest for 1 hour. This allows the juices to settle back into the meat before carving, the turkey will remain hot.

Turkey and crown farmhouse tip

Cook turkey so it is ready at least 1 hour before estimated eating time. Follow step 7 and cover with a couple of tea towels to keep the bird from losing heat. This will free up your oven for the potatoes, chipolatas etc. Also providing the juices ready for making a lovely gravy. In general it gives time to enjoy the day.

Carving tips



1. Place your bird breast side up on your carving plate and hold the leg by the end knuckle. Remove the leg and thigh at the joint (which is well under the back) by cutting down between the leg and breast then twisting off.



2. Place the leg and thigh onto another plate or board to carve separately.



3. Start carving the breast meat by cutting from one side at a 45 degree angle. Cut slices approximately 6mm thick.

How to cook your Gammon

Joints under 4.5kg = 45-55 mins per kg (20-25mins/lb)

Joints over 4.5kg = 35-45 mins per kg (15-20mins/lb)

Boiling Method

Place gammon into a deep pan, skin side down, cover with cold water and bring slowly to the boil, skimming off scum as it forms. Start your cooking time from now and reduce the heat to simmering point with the lid on the pan. Top up with boiling water if required.

Optional: add to the water a small onion skinned and quartered, 6 peppercorns and a bay leaf.

Roasting Method

Pre heat oven to 160°C / fan 180°C / Gas Mark 3.

Encase the Gammon in foil making a tent around the joint allowing space so the air can circulate. Scrunch the foil together to prevent the hot air from escaping.

Roast until the internal temperature reaches 77°C.

NB. The cooking times are approximate as all ovens differ slightly.

Glazing

Remove Gammon 30 mins before cooking time is complete, with great care cut the skin away and score the fat into diamond pattern. Return to the roasting tin and brush with your chosen glaze. Continue cooking uncovered for 30 mins or until the joint reaches 77 °C.

Farmhouse tip

We find the roasting method easier and if predominantly being eaten as a cold cut reduce cooking time by 15 mins, it will continue to cook slightly before it starts to cool.

How to cook your Three Bird Roast and Rolled Turkey Roast

Preheat your oven to 220°C / fan 200°C / Gas 7 (as on whole bird).

Rub salt into the breast and cover with a layer of streaky bacon. Insert two metal roasting or barbeque skewers the length of the joint through the centre, this will help to conduct the heat to the middle of the roast to allow even cooking. Encase the three bird roast completely with tin foil, keep the foil loose and then place into a roasting tin. Put into the preheated oven and roast for 30 minutes. Then turn down to 190°C / fan 170°C / Gas 3 for the remainder of the cooking times depending on size.

Small roast up to 4.5kg (10lbs) = total cooking 3 hours

Medium roast 4.5-5.4kg (10-12lbs) = total cooking 3.5 hours

Large roast over 5.4kg (12lbs) = total cooking 4 hours

Remove the tin foil for the last 20 minutes of the cooking time, initially to check if the juices are clear or still a little pink, if pink, leave the foil folded back and return to the oven this will allow the skin to become golden and crispy. Then check the juices again.

Please do not overcook. The meat is cooked when a skewer is inserted and the juices run clear or it reaches 71°C so if the juices are clear or it up to temperature **do not return to the oven.**

Allow the roast to rest in a warm place for at least 40 minutes before serving. This resting period is very important as it allows most of the juices which have bubbled up to the surface of the meat to seep back into it and the meat itself firms up to make it easier to carve. Some of these juices will escape though and these should be poured into the gravy.

To carve, place on a flat board and slice through, as you would a loaf of bread, using a sharp knife. Carve into thickish slices.

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Thank you for choosing us to be a part of your memorable Christmas day meal.

G&J Barron are third generation turkey farmers who take great pride in producing quality fare for the Christmas table. Started in 1943 by George Barron and now run by David, Roger and Ross Barron. We have been supplying individual customers and butchers throughout Essex and Suffolk for over 75 years.