



COOKING A CHRISTMAS TURKEY & THE "JOE" TURKEY ROLL

Thawing a Whole Turkey Roll

Remove the turkey from its wrapper. Place in a dish covered loosely with plastic wrap and place in the bottom of your refrigerator. Allow one to two days for thawing, depending on size.

Stuffing A Turkey

Stuff your turkey just before roasting. It's easier to do the neck cavity first, then the body cavity. Be sure to stuff it loosely because stuffing expands. If you do not truss or skewer the bird closed, the stuffing will brown.

Roasting A Turkey

Pre-heat oven to 200°C degrees and cook the turkey for thirty minutes at this temperature to seal the outside and retain maximum moisture. Reduce the oven temperature to 175°C degrees for the remainder of the cooking time. Allow about 40 minutes per kilogram.

Insert a wooden skewer at the point where the drumstick meets the main body of the bird. If the juices run clear the bird is considered cooked. A more reliable method is to use a meat thermometer, inserted deep into the bird's thigh. Once the temperature reaches 82°C - 85°C degrees the bird is considered well cooked. But remember that it's the thigh temperature you're measuring. Breast meat will be overcooked at 88°C degrees (according to Gas & Fuel Corporation research). If you prefer to insert a thermometer into the stuffing the bird should be cooked when the stuffing temperature reaches 74°C degrees

THE 'JOE' TURKEY ROLL

Pre-heat oven to 200°C degrees. Place turkey roll in the oven and cook at this temperature for approximately 30 minutes. Reduce temperature to 180°C degrees and continue to cook for a further 50-60 minutes (depending on your oven). Remove from oven, cover with foil and allow to rest for about 10 minutes before slicing.

Joan Campbell Stuffing – Raisins, Walnuts, Onions, Butter, Thyme, Breadcrumbs, wrapped in Bacon.

Debra McLean Stuffing – Brown Rice, Mushrooms, Raisins, Pistachio Nuts, Onions, Orange Zest and Butter.

Spinach & Pine Nut Stuffing – Spinach, Pine Nuts, wrapped in Bacon.

Plain – Salt & Pepper

* N.B. A fly-proof domed net cover is highly recommended when resting any meat.