



### **HAM**

# Free Range Half and Whole Hams (bone in)

Glazing your ham: Preheat your oven or BBQ to 160°C. Cut through the ham skin - around the shank (you want to leave the skin on for this part) then get your thumb under the skin and peel it off. Once all the skin is removed, score the fat in a criss-cross pattern, roughly 5mm depth. Coat the fat with your chosen glaze.

Note: These hams are already cooked and ready to eat, so you are just aiming to heat them through. Be careful not to over cook your ham for too long as you may dry it out.

Bake in the oven, or the BBQ with the lid down, for 30 minutes, then glaze and bake for another 20 – 30 minutes. When it's done, allow it to cool for a few minutes then slice.

#### How to use your Ham Bag

Get a bowl and combine, 2 cups of water and 1 tablespoon of vinegar. Then dip your Ham Bag into it.

Squeeze out excess moisture and place the ham in the bag.

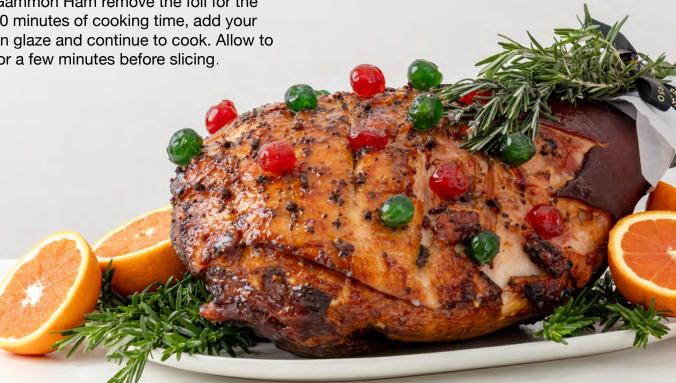
Rinse your Ham Bag and dip in the solution every three days, or as needed.

Store in coolest part of fridge (below 4°C). This should last for up to 3 weeks.

TIP: Only slice your ham as you use it as unsliced ham will last much longer than sliced. This way your ham will last until, early to mid-January, providing you keep it in your fridge, wrapped in a ham bag.

### **Gammon Ham (Raw):**

To keep your gammon ham moist we recommend cooking at 180°C in a baking dish. Cover the ham with foil and bake for 30 minutes per 500gms. If you wish to glaze your Gammon Ham remove the foil for the final 30 minutes of cooking time, add your chosen glaze and continue to cook. Allow to cool for a few minutes before slicing.



### **PORK**

#### **Preparing Pork Crackle**

For amazing crackle, it's important to give the skin time to dry out before cooking. For the best results, the day before you cook.

Pat the skin dry, rub with salt and leave uncovered (or with a tea towel over it) on a plate in your fridge overnight.

On the day you are cooking, preheat your oven to 220°C. Pat the skin dry again with paper towel and then drizzle olive oil on the skin and apply lots of salt. At the end of cooking time, appraise the crackle - if it hasn't popped yet, put it under the grill for a couple of minutes. Note: Please ask our butchers if you would like your roast scored.

#### Porchetta or Rolled Pork Belly

For a 2kg porchetta place in oven, cook uncovered on 180°C for 2 hours.

For roasts larger than 2kg, add 40 mins per kilo to cooking time. If you have a meat Thermometer, aim for an internal temperature of 64°C in the thickest part of the meat. Ensure you rest the pork for at least 15 - 20 minutes before serving.

#### **Pork Rack**

Cook your pork rack at 180°C for 40 minutes per kilo.

If you have a meat thermometer, aim for an internal temperature of 70°C in the thickest part of the meat. Remove from oven and rest 15 - 20 minutes before slicing.



# **BEEF**

#### **Premium Beef Fillet & Scotch Fillet**

Sear the fillet on all sides then move into a preheated oven or BBQ to commence the cooking process. Obtain a temperature of 180°C and bake for 30 - 40 mins. Rest for 10 mins before slicing.

If you have a meat Thermometer, insert it into the middle of the thickest part of the roasting piece. Follow the temperature guide:

Medium rare: 52-58°C Medium: 60-65°C Well done: 70+°C



## **LAMB & GOAT**

### Lamb (bone in)

Preheat your oven to 180°C and cook for 20 - 30 mins per 500g for medium rare result. For a 2.5kg leg of lamb 1 hour and 40 mins.

### Lamb Shoulder (bone in)

Lamb shoulder is best cooked low and slow! Preheat your oven to 140°C, then roast for 5 hours or more. If you have a meat thermometer, insert into the middle of the biggest part of the roasting piece and follow this temperature guide:

Medium rare: 52-55°C Medium: 60-65°C

Well done: 70+°C

Tip: marinate your lamb overnight before cooking for extra flavour; lemon and fresh herbs pair beautifully with lamb!

#### **Rolled Lamb & Goat**

Preheat your oven to 180°C and cook for 30 mins per 500g for medium rare. For a 2.5kg roll this will be around 1 hour and 40 mins.

If you prefer your lamb well done, add another 40 minutes to the cooking time.

Remember to baste the product with marinade through the cooking period.

Tip: With rolled products cooking times may vary, due to the thickness of the roll.



### **CHICKEN**

A whole chicken of approximately 1.8kg will take around 1 hour and 30 minutes to roast at 180 degrees. Ensure the chicken is cooked through completely.

A skewer into the thigh should reveal juices running clear not pink. Internal temperature of the chicken should be 75 – 80 degrees.

A rolled chicken stuffed/ plain approximately weighs 1.8kg will take roughly 1 hour and 30 minutes at 180 degrees, check regularly and baste with plan juices (we recommend white wine or stock)

Make sure you rest for 10 minutes prior to slicing and serving.

### **DUCK**

Preheat your oven to 220°C. Pat your duck dry with a paper towel (optional: stuff cavity with quartered apples and prunes).

Gently score the skin of your duck, ensuring you do not cut through the meat. This will allow the fat to render out during cooking. Rub the skin all over with salt, then seal the cavity with a skewer and put the duck in a dish with about 300ml of chicken broth.

Roast for about 35 mins, adding more liquid during the cooking period to prevent the duck from drying out.

If you have a meat thermometer, internal temperature of 67°C in the leg (ensure it's not touching bone). When it's done, rest the duck for 15 - 20 mintues. We recommend serving with duck fat potatoes and gravy made from the duck juice.



# **TURKEY**

#### Whole Free Range Turkeys and Buffes

Preheat your oven and drizzle olive oil over the skin. Place your turkey in a baking dish and cover with foil. Keep covered in foil for first half of cooking time. Remove foil and baste with the turkey juices every half an hour.

If you have a meat thermometer - check to ensure that the thickest part of the breast is reading 70°C and if you have a whole turkey that's stuffed, the stuffing should read at least 65°C.

Depending on the size of your turkey or buffe, you'll have to adjust the cooking times and temperatures slightly. See the table below.

Once cooked - rest your turkey for 5 mins per kilo of meat.

Weight	Cooking Temperature	Cooking Time
4kg	180C	2.5 hours
5kg	180C	3 hours
6kg	170C	4 hours
7kg	160C	4.5 hours
8kg	160C	5 hours

### Free Range Boneless Turkey Breast Roll (Stuffed or Plain)

Remove the breast roll from its packaging, but keep in oven-safe netting. Rub olive oil over the skin and gently cover the top with foil. Roast in a dish for 45 mins per kilo of meat on 180°C - for example, a 2.5kg turkey roll would need about 1 hour and 50 mins. Cover with foil for half of the cooking time then remove foil, baste with turkey juices or melted butter, then cook uncovered for the remaining time. When done, rest for 20 mins before serving.

If you have a meat thermometer - check to ensure that the thickest part of the breast is reading 70°C.

TIP: If you have purchased a frozen turkey ensure you allow 2 or 3 days for it to defrost completely in the fridge



Keeping Christmas preparations stress free is best achieved by being well prepared in the days leading up to your gathering. Hopefully our cooking tips may help in achieving great results without too much stress.

Ovens vary greatly so please use the information provided as a guide and be sure to check your items regularly throughout the recommended cooking times to avoid any disappointment.

A meat thermometer can provide great assistance in ensuring your items are cooked through.

