

# How to cook a Turkey Breast

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## When your Turkey Breast Arrives

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As soon as you receive your Plain or Stuffed Turkey Breast pop it in the freezer. We have blast frozen your Turkey Breast at the perfect moment, when it is the most delicious to eat. It is best stored in the freezer until you are ready to cook, for the optimum eating experience.

If you need to store your Turkey Breast in the fridge, remove the plastic packaging and place the Turkey Breast onto a plate.

Pat the Breast dry, to remove any juices. Place in the fridge, allowing plenty of space so the air can circulate around it, keeping it as dry as possible. You can leave your defrosted Turkey Breast in the fridge for up to 4 days before cooking.

## Method

1. A few hours before you plan to cook your Turkey Breast, remove it from the fridge and allow it to come to room temperature.
2. Preheat your oven to 180°C/360°F/Gas Mark 4.
3. Take a good sized roasting dish, place the bird into the dish and lightly season with sea salt.
4. Place into the pre-heated oven and cook for 1 hour (both the Turkey Breast sizes as well as Stuffed Turkey Breasts cook in exactly the same amount of time, due to the way we have cut and prepared them).
5. Remove the Turkey Breast from the oven and leave to rest uncovered for 15 minutes.
6. With any juices left in the pan, pour these into a saucepan containing 2 pouches of our Pure Turkey Stock, you could also add in a glass of festive wine if you like. Place the saucepan over a medium heat and bring to a simmer for 25 minutes and allow the liquid to reduce down by at least half to make amazing gravy. Check the seasoning and serve with your fabulous Turkey Breast.

