

à la carte



A GUIDE TO COOKING YOUR MEAT AND POULTRY



à la carte

MAKING THE MOST OF YOUR MEAT HAMPER

All of the meat in our à la carte range has been specially selected to guarantee you receive only the finest and most succulent meat.

Whichever hamper you have chosen, you can be certain it will be packed with the tastiest, prime quality meats from approved suppliers recommended for their consistently high standards.

To help make your meal a festive delight for all the family to enjoy, simply follow our preparation advice, suggested cooking times, serving suggestions and top tips.

Just take a look inside for details.

All our joints are vacuum packed for added tenderness. That's because everything is frozen and sealed in special temperature controlled packs and then delivered in refrigerated vehicles, so you can transfer everything to your freezer in readiness for those fabulous festive meals.





CHEF'S TIPS

Traditional beef gravy is the best accompaniment to roast beef. The secret to great gravy is to use the delicious pan juices from your roast.



PREPARATION

For best results:

Defrost according to the chart on the back page of this booklet.

Remove all outer packing leaving the beef in netting. Dry the surface moisture with a clean cloth or kitchen towel.

Season with black pepper before cooking to enhance the flavour.

COOKING TIMES

| | |
|-----------------|---|
| Rare..... | 20 minutes per 450g /1lb plus 20 minutes. |
| Medium..... | 25 minutes per 450g /1lb plus 25 minutes. |
| Well Done | 30 minutes per 450g /1lb plus 30 minutes. |

TO ROAST - UNCOVERED

Calculate the cooking time.

Pre-heat the oven to 400°F, 200°C, Gas Mark 6.

Roast the meat with a little dripping or lard at this temperature for 20 minutes.

Reduce the temperature to 325°F, 160°C, Gas Mark 3.

Baste joint at intervals with hot fat.

All appliances vary. The above are guidelines only. Always allow roast beef to rest for at least 20 minutes before carving. This will allow all the juices to settle in the joint making it even more tender and easier to carve.

BONELESS JOINTS

We supply boneless joints that have been manufactured to the highest quality by our suppliers. Boneless joints are rolled and tied for ease of cooking and carving.

Just a reminder, if you haven't cooked one before, do not cut the strings holding it together until after cooking and you have carved the joint into portions to serve to your family or guests.

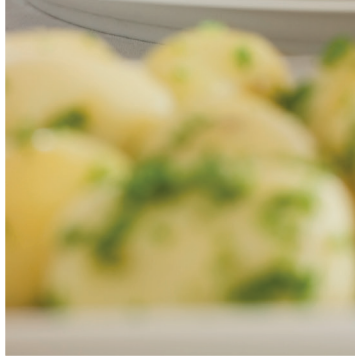
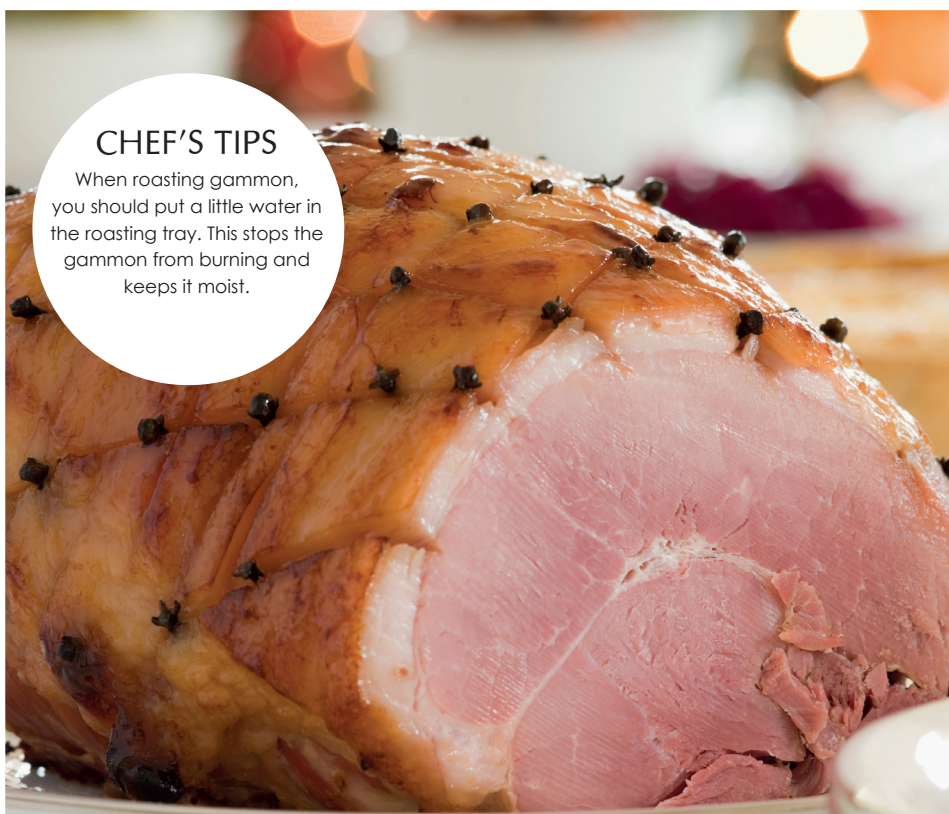
SERVING SUGGESTION

Traditionally, roast beef is served hot with Yorkshire pudding and gravy, horseradish sauce or mustard. It is also delicious served cold with a salad or in a sandwich.



CHEF'S TIPS

When roasting gammon, you should put a little water in the roasting tray. This stops the gammon from burning and keeps it moist.



PREPARATION

For best results: Defrost according to the chart on the back page of this booklet. Remove all outer packaging but leave gammon in netting.

COOKING TIMES

20 - 25 mins per 450g/1lb plus 20 mins.

TO BOIL

Cover gammon with cold water and soak for a few hours (or overnight) to remove the salt. Change the water a few times while soaking to make the joint less salty.

Remove gammon and place skin side down in a large pan.

Cover with fresh cold water and bring slowly to the boil. Discard water and add fresh cold water and bring to the boil.

Time cooking from this point and skim off any scum that comes to the surface as it is cooking.

Cover and simmer gently until cooked.

To enhance flavour add 1 onion – quartered, 2 carrots – quartered, 1 bay leaf and 4 peppercorns.

Allow joint to rest for 5-10 minutes before carving allowing the colour to return.

TO ROAST

Calculate the cooking time. Cover with foil and bake in centre of oven at 350°F, 180°C, Gas Mark 4 until half an hour before cooking time is complete.

Raise oven temperature to 425°F, 220°C, Gas Mark 7.

Undo foil, cut outer skin from gammon, score surface fat into diamonds, stud with cloves, sprinkle surface with 3-4 tablespoons of brown sugar.

Return joint to oven for half an hour until crisp and golden.

SERVING SUGGESTION

When cooled, remove outer skin and serve gammon with creamy mash & vegetables or as an accompaniment to roast turkey.

Alternatively, allow to cool, remove outer skin and press toasted breadcrumbs into the surface fat and serve cold sliced.

Gammon is traditionally served with apricots, eggs, peaches or pineapple rings. It's also great served with parsley sauce.



PREPARATION

For best results:

Defrost according to the chart on the back page of this booklet.

Remove all outer packaging but leave pork in netting. Dry off the surface moisture with a clean cloth or kitchen towel.

Rub the rind with oil and salt before cooking to give a crisper crackling.

COOKING TIMES

30 - 35 minutes per 450g/1lb plus 30 minutes.

TO ROAST – UNCOVERED

Calculate the cooking time.

Pre-heat the oven to 350°F, 180°C, Gas Mark 4.

Roast the meat with a little dripping or lard. Baste occasionally throughout cooking.

N.B. Ensure pork is fully cooked and juices run clear before serving.

To Test: Pierce surface with a fork, if juices run clear this is a good indication that the pork is cooked.

BONELESS JOINTS

We supply boneless joints that have been manufactured to the highest quality by our suppliers. Pound for pound or kg for kg, you are getting more meat for your money than a joint with a bone in, as the weight of the bone is included in the total weight of the joint as well.

Just a reminder, if you haven't cooked one before, do not cut the strings holding it together until after cooking and you have carved the joint into portions to serve to your family or guests.

CHEF'S TIPS

Turn up the heat for the final part of cooking to give your crackling real crunch.

Always allow roast pork to rest for at least 20 minutes before carving.

This will allow all the juices to settle in the joint, making it even more tender and easier to carve.

SERVING SUGGESTION

Traditionally, pork is served with apple sauce and sage and onion stuffing.





CHEF'S TIPS

If you do not plan to stuff your chicken, rub some thyme and garlic into the ribcage. This will add an extra rich flavour.

Remember to regularly baste the chicken breast to keep it moist.

Basting also gives the skin a crisper finish.



PREPARATION

For best results:

Defrost according to the chart on the back page of this booklet.

Remove all outer packaging and any giblets from inside the bird (these may be boiled and the liquid used for stock, gravy or soup).

To avoid the spread of bacteria **raw poultry must not be washed prior to cooking.**

Brush the surface of the chicken with oil or melted butter and sprinkle with salt.

To enhance the flavour and keep the meat moist, strips of streaky bacon can be laid over the chicken breast.

The chicken may be stuffed with a stuffing of your choice, sage and onion goes nicely with chicken.

COOKING TIMES

20 minutes per 450g/1lb plus 20 minutes.

TO ROAST – UNCOVERED

Calculate cooking time remembering to add stuffing weight to your calculation, if used.

Pre-heat the oven to 375°F, 190°C, Gas Mark 5.

To check the chicken is cooked, pierce the thigh with a skewer and the juice should run clear. Remove from the oven and leave to rest for 15-20 minutes.



SERVING SUGGESTION

Chicken is traditionally served with gravy, stuffing, chipolata sausages, roast potatoes and vegetables.

PREPARATION

For best results:

Defrost according to the chart on the back page of this booklet.

Remove all outer packaging and dry off the surface moisture from the meat with a clean cloth or kitchen towel.

To enhance the flavour, season with rosemary or garlic slivers inserted into the skin.

COOKING TIMES

Rare..... 20 minutes per 450g /1lb plus 20 minutes.

Medium..... 25 minutes per 450g /1lb plus 25 minutes.

Well Done 30 minutes per 450g /1lb plus 30 minutes.

TO ROAST – UNCOVERED

Calculate the cooking time.

Pre-heat the oven to 375°F, 190°C, Gas Mark 5.

Roast the meat with a little dripping or lard in the centre of the oven.

Baste at intervals during cooking. Ensure lamb is fully cooked and juices run clear before serving.

We recommend not to hot roast leg joints to avoid toughening the meat.

CHEF'S TIPS

Let the lamb rest for 10 minutes before carving so the lovely juices keep the meat nice and succulent.



SERVING SUGGESTION

Lamb is delicious served with roast potatoes, fresh vegetables and red wine gravy - and don't forget the mint sauce!





PREPARATION

For best results:

Defrost according to the chart on the back page of this booklet.

Turkey must be completely thawed before cooking.

COOKING TIMES

| Weight in Kg (lbs) | Slow cooking method (hrs) 350°F, 180°C, Gas Mark 4 | Fast cooking method (hrs) 450°F, 230°C, Gas Mark 8 |
|-------------------------|---|---|
| 3.5kg-4.5kg (8lb-10lb) | 3½ - 3¾ | 2½ - 2¾ |
| 4.5kg-5.5kg (10lb-12lb) | 3¾ - 4 | 2¾ - 3 |
| 5.5kg-6.5kg (12lb-14lb) | 4 - 4¼ | 3 - 3¾ |

TO ROAST – UNCOVERED

All appliances vary and cooking times below are a guideline only.

Allow 45 minutes per kg plus 20 minutes for a turkey under 4.5kg.

Allow 40 minutes per kg plus 20 minutes for a turkey between 4.5kg and 6.5kg.

Cover your turkey with foil during cooking and uncover for the last 30 minutes to brown the skin.

None of the meat should be pink when you cut into the thickest part of the turkey and the juices should run clear when you pierce the turkey or press the thigh. If juices run pink, cook for a further 15 minutes or until the juices run clear.

To avoid the spread of bacteria **raw poultry must not be washed prior to cooking.**

CHEF'S TIPS

Place some extra butter under the skin to stop the breast from drying out.

Always baste while cooking.



SERVING SUGGESTION

Turkey is delicious served with roast potatoes, fresh vegetables, chipolata sausages, stuffing and gravy. Garnish with cranberry sauce.



THAWING TIMES

BEEF, GAMMON, PORK AND LAMB

| Weight and Type | Thawing in a Refrigerator |
|-----------------------------|---------------------------|
| Joint 1.4kg (3lb) | 12-14 hours |
| Steak, Chops, Stewing Steak | 5-6 hours |

POULTRY

| Weight | In Refrigerator |
|---------------------|-----------------|
| 1.8kg (4lb) | 24 hours |
| 2.7kg (6lb) | 36 hours |
| 3.6kg (8lb) | 48 hours |
| 4.5kg (10lb) | 56 hours |
| 5.4-6.3kg (12-14lb) | 60-70 hours |

IMPORTANT NOTE

All meat and poultry must be completely thawed before cooking.

The above times are for guidelines only.

IS IT DONE YET?

You can't tell if meat is cooked just by looking at it. Use a food thermometer to be sure.

Here's a quick guide to recommended meat temperatures:

| Meat | Temperature |
|-------------------------|--------------|
| Steaks/joints | 62°C (145°F) |
| Pork | 71°C (160°F) |
| Beef burger/ground beef | 71°C (160°F) |
| Chicken breast | 74°C (165°F) |
| Whole poultry | 74°C (165°F) |

BONELESS JOINTS

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Just a reminder, if you haven't cooked one before, do not cut the strings holding it together until after cooking and the meat has rested. Then remove the string before carving the joint into portions to serve to your family or guests.