CHRISTMAS TURKEY MADE EASY

The Ultimate Turkey Cooking Guide will help make your Christmas day one to remember. Included are some great recipes for cooking the perfect Christmas turkey that will make you look like a star chef. You will also find some delicious meal suggestions for leftovers that will continue to impress your family beyond Christmas day.
TURKEY ESSENTIALS

+ What size turkey do I need?
+ How long should I defrost my turkey for?
+ How do I cook the perfect turkey?
+ How long do I cook the turkey for?

+ How do I make delicious turkey stuffing?
+ How much stuffing do I need?
+ Christmas turkey recipes
+ Turkey leftover recipes
WHAT SIZE TURKEY DO I NEED?

No matter how big your family is Inghams turkey range has a product to suit you. Below is a guide to help you choose which turkey you will need to buy:

<table>
<thead>
<tr>
<th>WHOLE TURKEY (Fresh or Frozen)</th>
<th>TURKEY BREAST BUFFÉ® (Fresh or Frozen)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Size 26-34 Serves 9-12 (approx.)</td>
<td>Size 20-30 Serves 7-11 (approx.)</td>
</tr>
<tr>
<td>Size 36-44 Serves 13-16 (approx.)</td>
<td>Size 32-40 Serves 12-15 (approx.)</td>
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<tr>
<td>Size 46-54 Serves 17-20 (approx.)</td>
<td>Size 42-52 Serves 15-19 (approx.)</td>
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<tr>
<td>Size 56-60 Serves 21-30 (approx.)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TURKEY BREAST ROAST (Fresh or Frozen)</th>
<th>TURKEY THIGH ROAST (Fresh or Frozen)</th>
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<tbody>
<tr>
<td>Size 1kg Serves 6 (approx.)</td>
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<tr>
<td>Size 2kg Serves 13 (approx.)</td>
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Based on an average serving size of 150g

HOW LONG SHOULD I DEFROST MY TURKEY FOR?

It is recommended to thaw your turkey in the fridge, not on the bench or kitchen sink! Thawing time takes approximately 13 hours per kilo.
HOW DO I COOK THE PERFECT WHOLE TURKEY?

Preheat conventional oven to 180°C (360°F), fan forced oven to 160°C (320°F).

1. Stuff turkey if desired. Prepare stuffing. Take handfuls of stuffing and fill the cavity.

2. Pull skin together over neck cavity and secure with metal skewers. Cross over legs and tie with kitchen twine.

3. Cover ends of legs and wings with foil. Turkey can be glazed if desired.

4. Place turkey breast side up on a rack in a roasting dish with 2 cups of water in the dish. Cook for required time (see guide below).

5. 30 minutes before turkey is cooked, remove foil and pierce skin several times to allow self-basting and browning.

6. Using a meat thermometer, turkey should be fully cooked when the internal temperature reaches 82°C (in the deepest part of the turkey). Turkey should be cooked when pierced and juices run clear.

7. When turkey is fully cooked, remove from oven and allow to stand for 10 minutes before carving.

HOW LONG DO I COOK THE TURKEY FOR?

<table>
<thead>
<tr>
<th>TURKEY SIZE</th>
<th>TURKEY WEIGHT</th>
<th>COOKING TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Approx 45 minutes per kg</td>
<td></td>
</tr>
<tr>
<td>Size 26 – 34</td>
<td>2.6 – 3.4kg</td>
<td>1hr 55 – 2hrs 30min</td>
</tr>
<tr>
<td>Size 36 – 44</td>
<td>3.6 – 4.4kg</td>
<td>2hrs 40 – 3hrs 20min</td>
</tr>
<tr>
<td>Size 46 – 54</td>
<td>4.6 – 5.4kg</td>
<td>3hrs 25 – 4hrs 5min</td>
</tr>
<tr>
<td>Size 56 – 60</td>
<td>5.6 – 6.0kg</td>
<td>4hrs 10 – 4hrs 30min</td>
</tr>
</tbody>
</table>

This is a guide only. Appliance temperatures can vary. You may need to adjust cooking times accordingly. Please ensure all poultry is fully cooked before eating.

Cooking Tip
Do not cook the turkey too high up in the oven as this may cause your turkey to brown too quickly or burn.
HOW DO I MAKE DELICIOUS TURKEY STUFFING?

You can prepare your stuffing the day before, minus the egg and any liquids. On the day of cooking your turkey, add remaining ingredients to stuffing and stuff the turkey just prior to cooking. Please note, do not stuff turkey then store in refrigerator overnight.

TURKEY SIZE | AMOUNT OF STUFFING
-------------|---------------------
2 kg (Size 20) | 3 cups
3 kg (Size 30) | 4 cups
4 kg (Size 40) | 5 cups
5 kg (Size 50) | 6 cups
6 kg (Size 60) | 7 cups
7 kg (Size 70) | 8 cups
8 kg (Size 80) | 9 cups

**Cooking Tip**

Stuffing does not have to be cooked inside the turkey. It can be placed in the pan around the roast, or baked separately in foil or moulds.
TURKEY WITH APPLE AND RAISIN STUFFING

SERVES 6 – 8

1 x 5kg Ingham Whole Turkey

STUFFING
40g butter
1 large brown onion, finely chopped
4 rindless bacon rashers, finely chopped
6 cups fresh white breadcrumbs, (approx. 12 slices sandwich bread)
1 cup raisins
1 apple, peeled, core removed, finely diced
1/4 cup sage leaves, roughly chopped
1 egg, beaten

Salt and freshly ground black pepper
4 apples, halved lengthways
1 tablespoon olive oil
20g butter, melted
Cooked vegetables, of choice, to serve

Preheat oven to 180°C. Place a rack into a large roasting dish. Pour ½ cup water into roasting dish. Wipe turkey inside and out with paper towel.

TO MAKE STUFFING: Melt butter in a large non-stick frying pan over medium heat. Add onion and bacon. Cook, stirring occasionally, for 4 minutes or until onion is soft. Remove from heat. Cool. Combine onion mixture, breadcrumbs, raisins, diced apple, sage, egg and salt and pepper in a large bowl.

Fill upper and lower cavities of turkey with stuffing mixture. Tie legs together with kitchen twine and tuck wings under turkey.

Place turkey onto a wire rack in a large roasting pan. Cook Ingham Whole Turkey as per packet instructions in a barbecue oven.

Place apple halves, olive oil and butter in a large bowl and toss until apples are coated with oil mixture. Place into a large shallow ovenproof dish. Add apples to barbecue for last hour of cooking turkey. Stand cooked turkey on a chopping board covered for 10 minutes before carving or serving on a large platter. If serving on a platter, place apples around the turkey and serve with vegetables of choice.
Preheat oven to 180°C.

**TO MAKE STUFFING:** Melt butter and oil in a non stick frying pan over a medium heat. Add onion and pancetta. Cook for 5 minutes or until onion is soft. Cool. Transfer to a large bowl. Add breadcrumbs, apricots, chestnuts, egg, sage, salt and pepper. Stir until well combined.

Rinse cavity of turkey and pat dry. Fill back and front cavities with stuffing. Secure legs with kitchen twine. Place a rack in a large roasting pan. Put turkey onto rack. Pour 1/2 cup of water into pan. Place in oven and bake for 1 hour.

Add extra butter and 1 cup apricot nectar. Pour half the nectar mixture over turkey. Bake for a further 2 hours. Pour remaining nectar mixture over turkey. Bake for a further 30 minutes to 1 hour or until cooked through. Transfer turkey to a platter and cover to keep warm.

**TO MAKE GRAVY:** Drain pan juices leaving 2 tablespoons of liquid. Place roasting pan over a medium heat. Add flour and stir into pan juices. Slowly add remaining liquid and stock. Stir until well combined and mixture comes to the boil. Simmer for 2-3 minutes or until mixture thickens. Strain gravy through a fine sieve.

Serve turkey with apricot nectar gravy and vegetables of choice.
ROAST TURKEY WITH WHITE WINE GRAVY

SERVES 4 – 6

1 x 3.8kg Ingham Whole Turkey

STUFFING LOAF
1/2 cup pine nuts
80g butter
1 tablespoon olive oil
2 brown onions, finely chopped

300g pancetta, diced
5 cups fresh white breadcrumbs
1 cup semi dried tomato, roughly chopped
1 egg
1/2 cup basil leaves, finely chopped
Rind of 1 lemon, finely grated

GRAVY
1/4 cup plain flour
1/2 cup white wine
2 cups reduced-salt chicken stock

Cook whole turkey as per packet instructions.

TO MAKE STUFFING LOAF: Grease and line a 19cm x 9cm x 6cm deep (base measurement) loaf pan with baking paper. Place pine nuts into a non-stick frypan. Cook for 5 minutes, stirring occasionally, until golden. Remove and set aside. Add butter and oil to pan. Add onion and pancetta. Cook over a medium heat for 10 minutes or until the onion is soft. Place breadcrumbs into a large bowl. Add pine nuts, tomatoes, basil, lemon rind, egg and onion mixture. Stir until well combined. Spoon into prepared baking pan. Smooth top. Bake for 30 to 35 minutes or until golden and firm. Allow to stand for 5 minutes. Remove from pan and slice.

Transfer turkey to a large platter. Cover with aluminium foil.

TO MAKE GRAVY: Place roasting pan onto stove top over a medium heat. Add flour. Stir continually, until well combined with pan juices and mixture turns a rich brown. Remove from heat and slowly add wine and stock, stirring continually. Return to heat. Stir continually until gravy comes to the boil. Reduce heat and simmer for 5 to 7 minutes or until thickened.

Serve with turkey and stuffing loaf.
MORE THAN JUST A CHRISTMAS MEAL

Turkey is a healthy and versatile meat and can be used in many delicious dishes, not just as the Christmas roast. Let us inspire you with the following meals that you can create using the leftovers from Christmas. And as turkey is low in fat, you don’t have to feel guilty about having seconds.
TURKEY STEAK SANDWICH

SERVES 4

1 large avocado, stone removed, peeled, roughly chopped
1 cup sour cream
2 tablespoons lemon juice
Salt and pepper
4 Italian panini rolls, split through the centre
4 large green oak lettuce leaves
2 tomatoes, sliced
1/2 cup plain flour
2 tablespoons cornflour
3/4 cup (175ml) soda water
Vegetable oil, for deep frying
1 large red onion, thinly sliced
4 Ingham Turkey Breast Steaks

Place avocado, sour cream, lemon juice and salt and pepper into a small food processor. Pulse until a smooth thick sauce forms. Transfer to a bowl. Cover and refrigerate until required.

Toast panini rolls under a hot grill if desired. Place base of rolls onto 4 serving plates. Top with lettuce and tomatoes.

Combine flour, cornflour, soda water and salt and white pepper in a bowl. Whisk until a smooth batter forms. Stand for 10 minutes. Whisk again. Heat oil in a saucepan over a medium high heat. Line a plate with paper towel. Dip onion rings, 5-6 at a time, into batter and drop into hot oil. Cook for 2 minutes or until golden and crunchy. Transfer to prepared plate. Cook remaining onion rings.

Meanwhile, heat oil in a non-stick frying pan over medium heat. When hot, cook turkey steaks for 2-3 minutes on each side or until golden and cooked through. Place a turkey steak onto each prepared hamburger. Top with a dollop of avocado cream and onion rings. Place panini roll tops onto hamburgers and serve.

TURKEY, MUSHROOM & SPINACH FETTUCCINE

SERVES 4

400g fettuccine
300g cooked Ingham Oven Roasted or Smoked Turkey Breast, roughly chopped or cut into thin strips
1 tablespoon olive oil
20g butter
250g mushrooms, thickly sliced
80g baby spinach, roughly chopped
1 cup parmesan cheese, grated
Extra parmesan cheese, to serve
Freshly ground black pepper, to serve

Cook pasta in a large saucepan of boiling salted water, following packet directions. Drain pasta and return to pan.

Place turkey onto a microwave proof plate and cover with plastic wrap. Microwave 100% HIGH for 2 minutes or until warmed through.

Meanwhile, heat oil and butter in a non stick pan. When butter is sizzling, add 1/2 the mushrooms. Cook, over a medium heat, for 2 to 3 minutes on each side, or until golden brown. Transfer to a plate. Cook remaining mushrooms.

Add mushrooms, spinach, parmesan and turkey to pasta. Toss until well combined.

Serve sprinkled with extra parmesan and ground black pepper.

For more great turkey tips head to todaysturkey.com.au
TURKEY RICE PAPER ROLLS
SERVES 2 (MAKES 8 ROLLS)

8 dried rice paper, wrappers
8 butter lettuce leaves
8 slices roasted Ingham Turkey, thinly sliced
3 vine ripened tomatoes, finely diced
1 Lebanese cucumber, finely diced
Hoisin sauce or tomato sauce, to serve

SERVES 4

1/2 cup sweet chilli sauce
1/4 cup fresh lime juice
2 tablespoons fish sauce
1 tablespoon brown sugar
200g dried rice stick noodles
100g snow peas, trimmed & thinly sliced diagonally
400g cooked Ingham Oven Roasted or Smoked Turkey Breast, shredded or cut into thin strips
30g snow pea sprouts, trimmed
3 green onions, thinly sliced diagonally
1/2 cup coriander sprigs

Combine sweet chilli sauce, lime juice, fish sauce and brown sugar in a jug. Set aside.

Place noodles into a large bowl. Cover with boiling water and set aside to soak for 3 minutes. Add snow peas to noodles and then leave to stand for 2 minutes. Drain. Rinse under cold water.

Add Turkey, snow pea sprouts, onions and coriander to noodle mixture. Toss until well combined.

Add dressing. Stir until well combined. Serve.

Half fill a large bowl with warm water. Using 1 rice paper wrapper at a time, rotate wrapper in water until wet.

Transfer to a flat surface. Place a lettuce leaf, sliced Turkey, tomato and cucumber on the edge of wrapper. Roll once, fold sides in and continue rolling enclosing filling. Transfer to a plate.

Repeat with remaining wrappers and filling ingredients.

Serve with hoisin sauce or tomato sauce.
Turkey is low in fat, high in protein and full of flavour, which makes it the perfect meal solution all year round. Ingham have a range of turkey fresh cuts available, just look in your local Woolworths store for any of the above purple packed products.

For more great turkey tips head to todaysturkey.com.au