



## ROASTING GUIDELINES - TURKEY

Please note that the following information should be treated as a rough guide – all the times and temperatures provided are approximations. All ovens vary.

Always pre-heat your oven to the required temperature.

For fan assisted ovens you need to reduce the temperature by the equivalent of up to 20 °C.

### WHOLE TURKEY (Barn or Free Range):

Roasting Temperature:	Weight:	Cooking Time:
160 to 175°C 325 to 350°C Gas mark 3 to 4	Upto 16 lb / 7.25 kg	20 minutes per 1 lb / 454 g (Note: if stuffed add approximately 30 minutes to the overall cooking time)
160 to 175°C 325 to 350°C Gas mark 3 to 4	Over 16 lb / 7.25 kg	30 minutes per 1 lb / 454 g (Note: if stuffed add approximately 30 minutes to the overall cooking time)

### TURKEY CROWN:

Roasting Temperature:	Weight:	Cooking Time:
160 to 175°C 325 to 350°C Gas mark 3 to 4	Upto 16 lb / 7.25 kg	15 minutes per 1 lb / 454 g (Note: if stuffed add approximately 20 minutes to the overall cooking time)
160 to 175°C 325 to 350°C Gas mark 3 to 4	Over 16 lb / 7.25 kg	20 minutes per 1 lb / 454 g (Note: if stuffed add approximately 20 minutes to the overall cooking time)

### TURKEY BUTTERFLY:

Roasting Temperature:	Weight:	Cooking Time:
160 to 175°C 325 to 350°C Gas mark 3 to 4	Upto 16 lb / 7.25 kg	15 minutes per 1 lb / 454 g (Note: if stuffed add approximately 20 minutes to the overall cooking time)
160 to 175°C 325 to 350°C Gas mark 3 to 4	Over 16 lb / 7.25 kg	20 minutes per 1 lb / 454 g (Note: if stuffed add approximately 20 minutes to the overall cooking time)

### NOTES:

- Prep:** Rub softened butter into the outside skin and lay some rashers of streaky bacon over the breast before roasting.
- Baste:** Spoon over the juices from the turkey at least 2 to 3 times during cooking.
- Is it ready?** Skewer your meat or insert a sharp knife into the thickest part of the meat (the thigh on a whole turkey) and make sure the juices are running clear. Or better still use a meat thermometer – the turkey is ready when the temperature reaches 175°F / 80°C.
- Rest:** Allow the turkey to stand for 20 to 30 minutes after removing it from the oven, and before carving.