

December 2009

*We wish you a
relaxing Christmas
with good company &
great food & a new year
filled with delicious
Recipes!*



Christmas Cooking



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Free
Copy*

At this time of the year most of us seem to crave the traditional so, with that in mind we bring you instructions & tips for cooking your turkey and ham. Instructions for cooking that local tradition: spiced beef, are overleaf.

Roast Turkey With Herb and Lemon Stuffing

The Stuffing

Serves 10-12

Ingredients:

170g / 6ozs butter
340g / 12 ozs chopped onions
450g / 16 ozs breadcrumbs
50g / 2 ozs chopped herbs,
eg: parsley, thyme, chives,
marjoram or savoury.
Zest of one lemon

This stuffing sounds plain but is delicious and simple, the herbs add lots of flavour & lemon complements buttery dishes perfectly.

This can be easily prepared the day before & kept in the fridge, it needs to be cold to put in the bird. Melt the butter in a large saucepan, reduce to a moderate heat & add the onions. Sweat them until soft but not brown (10 mins approx.)

Stir in the crumbs, herbs & lemon zest and season with salt & pepper. Allow to cool completely before proceeding.

If you choose to cook the stuffing in the bird it should be loosely packed in the cavity and be no more than 10% of the weight of the bird. If you wish to cook it separately wrap in tinfoil and bake in the oven at 180° for 30 mins before serving.

The Turkey

Ingredients: 1 oven ready turkey, 225g / 8 ozs of butter for the muslin, square of muslin (see over page)

Method: Preheat your oven to 180°C. Remove any giblets that may be inside the turkey (these can be used for stock).

It is not essential but removing the wishbone from the neck end of the raw turkey will make carving easier.

Season the inside of the turkey with salt and pepper.

Calculate the cooking time: allow 12 minutes per 1lb and 90 minutes over.

For example: a 10lb turkey will take 10 x 12 mins = 120 mins +90 mins over so that's 210 mins (3 hrs 30 mins)

If you are putting the stuffing the cavity do that now, and use a skewer to close the opening.

Melt the butter in a small saucepan, remove from the heat, soak the muslin in the butter & then cover the turkey with it. Using the muslin avoids the need for basting. The turkey will still brown but if you wish to crisp it up a bit more remove the muslin 10 mins before cooking time ends.

The turkey will be easier to carve if you allow it to sit for 10 to 30 minutes in a draught free spot when cooked.

Safe Turkey: Wash your hands and any surfaces that come into contact with raw turkey.

Check your turkey is properly cooked: there should be no pink meat in the thickest part of the breast and thigh (where the leg meets the body), the juices should run clear if you pierce this spot with a knife & the meat should be piping hot throughout.

Glazed Ham

The ham can be cooked the day before & served cold on Christmas Day. it is no less tasty, will provide a delicious meal on Christmas Eve & free up oven & hob space as well as giving you one less thing to think about on the day. If you are cooking it on Christmas day it can go in the oven for glazing while the turkey is resting. It is not essential to glaze it, but that is what will give you that glossy golden ham of Christmas recipe books!

Ingredients:

1 whole ham, or a smaller joint or loin depending on how many people you are feeding & how much you want left-over.

1 carrot peeled & roughly chopped
1 stick of celery roughly chopped
1 onion peeled & halved
1 tablespoon peppercorns
1 bay leaf

For the glaze:

2 teaspoons mustard
3 tablespoons clear honey
Zest of an orange

Method:

Calculate the cooking time: allow the ham to simmer for 20 minutes per lb.

Place the ham, vegetables, peppercorns and bay leaf in a large saucepan. Cover with cold water. Place a lid on the pan, bring to the boil then reduce the heat and simmer for the appropriate time. Meanwhile mix the glaze ingredients together in a small bowl.

Remove the joint from the saucepan and place on a roasting tin. Using a sharp knife remove all the skin, leaving the fat underneath. Make lines with the tip of a sharp knife criss-crossing the fat to make a diamond pattern. Spread it with the glaze. Press a clove into each diamond. Bake the ham at 200°C for about 30 minutes until golden brown.

Safe Leftovers: leftovers should be cooled & refrigerated within 2 hours & eaten within three days. If reheating, please make sure they are piping hot & reheated only once.

Please turn over for lots more useful information

Martin Carey's Award Winning Spiced Beef

Spiced beef is a local, seasonal, speciality and tradition. **Martin Carey's spiced beef is an award winning National Champion!** Recommendations don't come higher than that, so be sure to make some part of your Christmas this year.

Ingredients:

Spiced Beef

1 x 500ml can cider or stout (optional)

Method:

Calculate the cooking time: 20 mins per lb and 20 minutes over.

Put the beef in a large saucepan and add enough cold water to cover the beef, add stout or cider if using.

Bring to the boil, reduce the heat immediately so that it simmers gently. Start timing it now. It is important not to boil the beef, so keep it barely bubbling.

Simmer for 20 minutes a lb and 20 minutes over.

Allow to cool in the water. Remove from the water and slice as thinly as possible to serve.

Serving ideas:

Spiced beef makes delicious sandwiches, I like mine with cranberry sauce!

For a starter: slice thinly and serve with soured cream flavoured with chives, a little garlic, orange zest and pepper to taste.

For finger food: Slice thinly and serve on brown bread (like you would smoked salmon with soured cream, horseradish, or chutney).

How much Turkey, Ham or Spiced Beef do I need?

Just ask, the experienced team at Martin Carey's will be delighted to help you decide. Let them know how many people you intend to feed and if you want to have some leftovers.

Place your order early!

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Cleansheets is a real person and would love to hear your comments or feedback.

You can leave a comment on the site or e-mail me cleansheets.ie@gmail.com

Thanks to my mother and mother in law (who between them have cooked too many Christmas dinners to count) for their invaluable help and guidance in compiling this recipe sheet.

There is no substitute for experience, and experience shared is a great gift—thanks!