



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



Christmas Cooking



Your 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 spiced beef are on www.cleansheets.ie

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 compliments 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



Everything you need in the kitchen and more...
27 Lower Castle Street
Tralee, Co Kerry
066 7119958

The Utensils website is now live. So fans of kitchen things & lots more can now indulge online no matter how far you are from Tralee & it's always open!

www.utensils.ie

Don't forget to pick up a **muslin** for your turkey, turkey stuffing bags will save you messing with tin-foil and both are in stock now.

Gift Ideas:

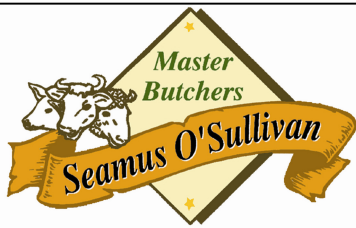
For the person who has everything, Pat has a wide range of **lever arm corkscrews** from €15 to €70.



Cosy evenings in will be even cosier with a **Slanquet**. It's a blanket with sleeves & anyone who likes curling up on the sofa needs one. It's even a useful way to save as you can even turn

down the heating a degree or two.

A novel, compact and exceptionally comfortable variation on the sofa or bean bag is the **Sofa Sac**, just try one out in the store. Ideal for a teenager, student or anyone with a new home.



**Manor, Tralee,
Co Kerry**
066 7126225
www.sulmeat.com

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

Just ask, the experienced team at Seamus O'Sullivan'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!

Tips for cooking spiced beef can be found online at www.cleansheets.ie

Bargains of the Week for December

From Monday 30th Nov
Irish Lean Beef Mince
99c per lb

Southern Fried Chicken
Fillets 99c each

From Monday 7th Dec
Lean Irish Back Bacon
€2.19 per lb

From Monday 14th Dec
Large Fresh Irish
Chicken Fillets 99c

From Monday 21st Dec
Irish Lean Beef Mince
99c per lb

**Horan's
Fruit and Vegetables
&
Health Food Stores**



**Manor
Rock Street
Horan Centre
Russell Street
066 7123070**

Love them or hate them, **Brussels Sprouts** are synonymous with Christmas. I like them & we eat them throughout the winter. It is essential not to over cook them. I generally steam them & sprinkle with a little crispy bacon finely chopped or toasted almonds & of course a knob of butter!

Sweet potatoes added to mash will give it a twist for a special occasion. Simply peel and chop them into large chunks and add to the potatoes for the last ten minutes of cooking time. The secret to lump free mashed potatoes is to add the butter first, mash thoroughly and then add hot milk gradually until you get the texture you want. I am always looking for **something a little original to bring to people we are visiting**, a selection of fresh fruit or nuts and snacks, in a basket make a nice change from more indulgent treats. Healthfood stores are a good source of **stocking fillers**: lip balms, treats, natural cosmetics and essential oils, or perhaps a selection of spices for an enthusiastic cook.



The home of all things home

www.cleansheets.ie

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!

Cleansheets.ie is busy, we have over 400 visitors a month now and look forward to publishing lots of new tips, recipes and ideas in the new year. As always I love to hear from readers so please get in touch.

cleansheets.ie@gmail.com
or leave a comment on the site.

I hope your Christmas is relaxing and enjoyable, I am looking forward to it now and the kids excitement is building, they have been singing along with "Santa Claus is coming to town" loudly in the shops for weeks now—you may have heard them!

I am working on January's recipe sheet already, and it will be in the shops on Wednesday 2nd January.