



MACKEN BROTHERS

TRADITIONAL FAMILY BUTCHERS SINCE 1960

CHISWICK



ORGANIC | FREE RANGE | NATURALLY FED MEATS

Cooking Tips & Times For Your Turkey

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Preparing your Turkey

Remove from fridge and allow the bird to reach a cool room temperature. Preheat your oven to 220°C, 425°F, (gas mark 7). If you are not stuffing your turkey we recommend inserting a large cooking apple or a large onion and a lemon quartered along with a variety of herbs such as sage, flat leaf parsley, thyme and bay leaves. Rub some seasoned butter into the skin and cover the breast with streaky bacon. Cover with some large baking foil and cook on a high temperature for 30-45 minutes depending on the weight of the bird (see cooking times below). Then turn your oven down to 170°C, 325°F, (gas mark 3) until 30 minutes before the end of cooking time when you will need to remove the foil and bacon. Turn your oven up to 200°C, 400°F, (gas mark 6) baste well and return to the oven in order for the skin to brown and crisp.

If you are stuffing your turkey loosen the skin and pack the stuffing into the neck end, pushing it up between the flesh and the skin towards the breast, mould gently and tuck the neck flap under, this can be kept secure with a skewer if necessary. Now put the remaining mixture into the body cavity and cook as above.

Test your turkey by inserting either a thermometer or skewer into the thickest part of the leg, the juices running out should be golden and clear and the temperature should reach at least 76°C. Leave your turkey for at least 30 minutes to relax before carving.

Recommended cooking times:

- 8-10lb Turkey (3.6-4.5kg)
 - 30 minutes at high temperature 220°C, 425°F (gas mark 7)
 - 2½ - 3 hours at lower temperature 170°C, 325°F (gas mark 3)
 - 30 minutes uncovered at 200°C, 400°F (gas mark 6)
- 15-20lb Turkey (6.75-9kg)
 - 45 minutes at high temperature 220°C, 425°F (gas mark 7)
 - 4-5 hours at lower temperature 170°C, 325°F (gas mark 3)
 - 30 minutes uncovered at 200°C, 400°F (gas mark 6)

Alternatively you can estimate the cooking time by multiplying the weight of the bird by 15 minutes per pound and adding a further 20 minutes and cooking at a consistent oven temperature of 180°C, 350°F, (gas mark 4).

These times are a rough guide only, and can vary depending on individual ovens. The only way to know if your turkey is cooked correctly is by using a cooking thermometer.