

British Free-range Easy-carve Turkey Breast



Allow a minimum of 12 hours defrosting time for each 1kg of turkey.

Weigh your bird to calculate the defrosting & cooking time required as it may be heavier than the weight stipulated.

Cooking appliances vary in performance, these are guidelines only.

Cooking guidelines from defrosted:

Remove all packaging and make sure the joint is fully defrosted prior to cooking, pat dry with kitchen paper.

Preheat the oven to **180°C / 160°C fan / gas mark 4.**

Place the breast skin side up onto a baking tray, add a cup of water, then brush with butter and season with salt & pepper.

Cook the turkey in the centre of the preheated oven for 65-70 minutes. Check regularly as the timer may pop prior to the guide on timings.

The pop-up timer we have inserted in the breast will pop up when the bird has reached 65°C, which may happen prior to the guide. When the timer has popped removed the turkey from the oven and rest somewhere warm.

You must ensure that the meat has maintained a core temperature of at least 65°C for a minimum of 10 minutes.

To check the turkey is cooked & piping hot throughout use a digital meat thermometer, or pierce at the thickest parts of the breasts with a skewer. The juices must run clear.

Once the bird is cooked & piping hot throughout allow it to stand at room temperature for at least 30 minutes, ideally longer. Do not cover it, it won't go cold, and the juices will settle in the meat.

Once fully rested, carve into thin slices for serving.

Ensure product is piping hot throughout.

Do not reheat once cooked.



Chef's tips:

We recommend not to cover the bird with tin foil as this results in a steamed skin rather than an oven roasted one.

When checking if your bird is fully cooked, with a probe thermometer it is safe if the centre or thickest parts have reached a high enough temperature for a long enough time. This includes the following time and temperature combinations:

65°C for 10 minutes

70°C for 2 minutes

75°C for 30 seconds

When carving your turkey, place a damp tea towel under your board to ensure it does not slip or move on your countertop or table.



Eddie McDonald
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For more information visit:
donaldrussell.com/cooking-guidelines