

Bringing you the Perfect Christmas!

As the nights draw in and winter gets nearer now is the time to dream about this festive season with our friends and family. We have everything you need for your perfect Christmas, full of celebration, flavour and tradition, as well as the excellent quality service you can trust from Midland Meats. So gather your family and friends, relax and let us take the hassle out of Christmas.





Here are some cooking tips for your festive season



Turkey on the Bone

Heat the oven to 180c/160c fan/gas 4
Smear the butter all over the turkey and season with salt and pepper.

Put in a roasting tin, breast-side up, cover with aluminium foil and roast for 40 mins per 1kg for the first 4kg, then 45 mins for every 1kg over that weight, or until the internal temperature reaches 65-70c. Remove aluminium foil for the last 30 mins to brown the top. The turkey will continue to cook and the temperature will rise while it rests.

Remove the turkey from the oven and rest in a warm place for 30-45 mins - don't skip this step as the juices won't be reabsorbed back into the turkey and will run out if you carve it straightaway. Don't cover the turkey too tightly if you want the skin to stay crisp, but keep it warm.

Before serving your turkey, check that the meat is steaming hot throughout, there is no pink meat visible and when you cut into the thickest part of the meat, make sure the juices run clear.

Boneless Turkey Crown

Preheat oven. Heat oven to 190c/170c fan/gas 5.

Smear some butter all over the turkey crown and season all over with salt and pepper. (A good tip, place some streaky rashers over the top of your crown for extra flavour).

Put in a roasting tin, skin-side up, and roast for 70 mins plus 20 mins per kg, or until the internal temperature reaches 65-70c. Remove the turkey from the oven and rest in a warm place for 20 mins.

Cooking times will vary according to the weight of your turkey or turkey joint, but as a guide it is a good idea to allow 20 minutes per kg, plus 70 minutes if the bird or joint is under 4kg, or plus 90 minutes if it is over 4kg, at a cooking temperature of 190°c/350°f/gas mark 4.



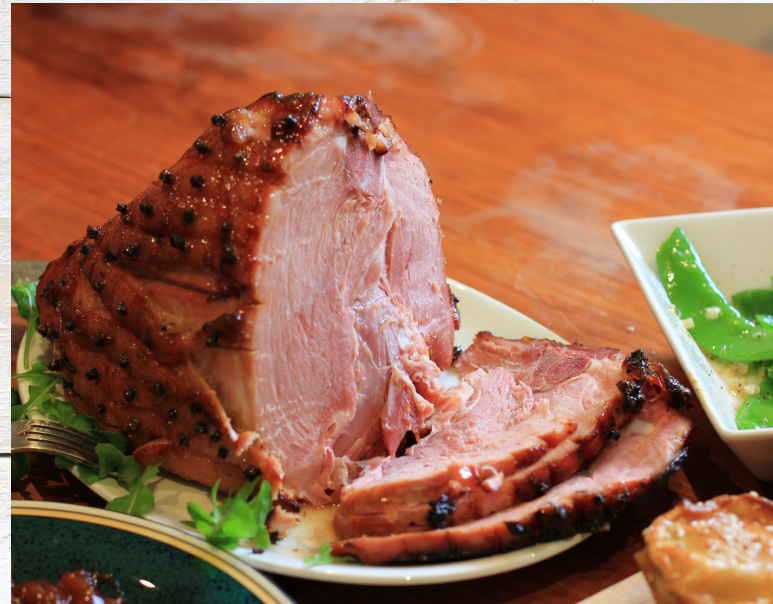
Baking your Ham

After removing any packaging, soak the ham in water for about 12 hours, or as your butcher advises. Once soaked remove the ham and place it, fat side up, onto a roasting tray.

Cover the ham with foil, allowing enough space for air to circulate between the ham and foil.

Transfer into a hot oven and bake at 180°C. Like all meat, the basic rule of "twenty minutes per pound of meat and twenty minutes extra" applies. Or forty five minutes per kilogram and an extra twenty minutes at the end.

Remove the ham onto a meat board and gently remove the outer layer of fat. If you notice that, even in patches, the fat doesn't come away easily, it is a sign that your meat may not be fully cooked so return it to the oven for a further twenty minutes.



Once the outer layer of fat is removed, use a sharp knife to score the inner layer of fat in parallel lines an inch apart, and repeat at a 90 degree angle so as to create a chequer board design on the ham fat.

Rub or paint mustard over the fat layer on the ham and follow by sprinkling the brown sugar generously over the mustard layer. Use your hand to press the sugar so it attaches fully to the mustard.

(We here at Midland Meats like to add honey for extra flavour)

Pierce a whole clove into the centre of each of the chequer board squares on the surface and place the ham onto a baking tray to return to the oven for a few minutes until the sugar starts to bubble and caramelise. Remove and rest before carving.

Boiling then Baking your Ham

Place the soaked Ham in a large pan, with the onions, cloves, peppercorns and bay leaves.

Cover with water, bring to the boil and skim away any impurities. Leave the ham to simmer, allowing 20 minutes per 450g(1lb).

Pre-heat the oven to 190c/170c fan/gas 5.

Once cooked, remove the ham from the pan and stand for 10-15 minutes before peeling away the skin.

The fat can be left as it is or scored, creating a diamond pattern. Brush the ham with mustard and sprinkle well with the demerara sugar again add some honey.

Bake the ham for 30-40 minutes taking care to baste the ham with juices and the caramelised sugar. Once golden, remove from the oven and rest for 15-30 minutes before carving, or leave until cold.

To make gravy, pour the stock into the roasting pan to lift any residue in the pan and simmer until reduced by one-third to one-half and strain.



*Merry Christmas
from all at*

