

# what size turkey should I buy?

3kg serves 6–7

4kg serves 8–9

6kg serves 12–13

8kg serves 16–18

10kg serves 20

Or a rough rule of thumb is a pound per person. This assumes that all the turkey including the legs are eaten!!

## Turkey cooking times

Take the turkey out of the fridge an hour before roasting and allow it to come to room temperature.

Season the turkey with salt and black pepper.

For turkeys up to 8kgs (18lbs) allow 15–20 minutes per  $\frac{1}{2}$ kg or per pound.

For turkeys over 8kgs (18lbs) allow 10–15 minutes per  $\frac{1}{2}$ kg or per pound.

Preheat the oven to Gas Mark 7, 220°C.

Cover the turkey loosely with tin foil and roast for  $\frac{3}{4}$  hour then reduce the heat to Gas Mark 3, 170°C.

**Baste every 15 minutes (spooning the fat/juices from the roasting tin over the meat as it cooks).**

For the last half hour remove the tin foil.

To test if the turkey is cooked push a skewer into the thickest part of the thigh. The juices should run clear. If they are pinkish, cook for 15 minutes more and then test again. Alternatively use a meat thermometer. This will eliminate guesswork.

Find the coldest part of the breast and the temperature should reach 75c.

When cooked cover with foil and allow to rest for at least 30 minutes before carving. This will make the turkey easier to carve and ensure that the beautiful juices don't escape from the meat.