

## GRESSINGHAM

"The Gressingham breed of duck came about when the small but flavourful wild Mallard was crossed with the larger Pekin, giving a meaty, succulent duck with more breast meat and less fat. This reputation for exceptional taste has made Gressingham the duck of choice for top chefs across the UK. Delicious duck comes from responsible farming and that's why we work tirelessly to ensure the welfare of our poultry, the wellbeing of our staff and the satisfaction of our customers.

We may be the remarkable duck people but there is room in our hearts and on our plates for other poultry too. Our traditional bronze turkeys are bred, hatched and reared in East Anglia on grassy meadows where they range freely with all the fresh water and feed they need."

### ROAST TURKEY COOKING GUIDELINES

- 1 Preheat oven to 190°C/Fan 170°C/Gas Mark 5.
- 2 Remove all packaging. Remove giblet bag from the neck cavity. Weigh the turkey to calculate cooking time.
- 3 Place turkey in a roasting tin and season to taste. Cover loosely with foil.
- 4 Cook in the centre of a preheated oven, as per guideline cooking times below. If stuffing, stuff the neck cavity only and allow 20 minutes extra cooking time per 500g of stuffing.
- 5 Remove foil for the last 30 minutes of cooking.
- 6 Remove from oven, cover with foil and allow to rest for 5-10 minutes before carving. This retains more of the juices for a more succulent meat.

#### GUIDELINE COOKING TIMES \*

2-3kg – 2 hours  
3-4kg – 2 hours 20 minutes  
4-5kg – 3 hours  
5-6kg – 3 hours 20 minutes  
6-7kg – 3 hours 40 minutes  
7-8kg – 4 hours

\*If adding stuffing, please allow an extra 20 mins per 500g. All cooking appliances vary in performance, these are guidelines only.

### ROAST GOOSE COOKING GUIDELINES

- 1 Preheat oven to 190°C/Fan 170°C/Gas Mark 5.
- 2 Remove giblets and any spare fat from inside the cavity. Stuff the neck cavity with your chosen stuffing.
- 3 Prick the skin and rub salt and pepper over it, then brush with cooking oil or butter.

#### GUIDELINE COOKING TIMES \*

4kg goose – 2 hours 20 minutes  
5kg goose – 2 hours 50 minutes  
6kg goose – 3 hours 20 minutes

### TURKEY CROWN COOKING GUIDELINES

- 1 Oven cooked from chilled. If freezing at home, defrost thoroughly before cooking.
- 2 Preheat your oven to 180°C/Fan 160°C/Gas Mark 4.
- 3 Remove the packaging, leaving the turkey crown in its foil tray. Cover loosely with foil, then cook as per guidelines below.
- 4 Remove foil for last 45 minutes of cooking. Baste with cooking juices periodically during the cooking.
- 5 Check crown is fully cooked by inserting a skewer into the thickest part of the meat and ensuring juices run clear.
- 6 Rest the crown, covered in foil, for 15-20 minutes before carving.

#### GUIDELINE COOKING TIMES \*

1.5kg crown – 2 hours 5 minutes  
2kg crown – 2 hours 20 minutes  
2.5kg crown – 2 hours 50 minutes  
3kg crown – 3 hours 5 minutes

\*If adding stuffing, please allow an extra 20 mins per 500g. All cooking appliances vary in performance, these are guidelines only.

- 4 Place the goose on a rack or crumpled foil in the meat tin, breast side up. Do not cover.
- 5 Cook in the centre of a preheated oven for 30 minutes per kg plus 20 minutes as per guideline cooking times. Allow 20 minutes extra per 500g of stuffing. After the first hour, thoroughly baste the goose with its fat.
- 6 Remove from oven, cover with foil and rest for 20 minutes before carving. This retains more of the juices for a more succulent meat.

\*If adding stuffing, please allow an extra 20 mins per 500g. All cooking appliances vary in performance, these are guidelines only.