



BRIDGET



— BUTCHERY —

Christmas Cookbook & Storage Instructions





WELCOME TO THE MAGIC OF BRIDGET B'S CHRISTMAS FAYRE

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Storage Instructions

Every item of Meat requires refrigeration from within 2 hours of purchase to pre cooking – Plan your fridge space effectively and place all raw meats on the bottom shelf. Fridge temperatures must be below 5c so not in the garage, greenhouse or garden shed!

For those meats like whole chickens where they have been cling film wrapped please remove or loosen the cling film to stop them sweating in the fridge, they are best placed on a plate and covered in tin foil

Many of our red meats have been vacuum packaged to make it easier for you to store in your fridge over the Christmas period. Please remove your meat from the vacuum bags and allow to air for half an hour before cooking

PLEASE NOTE: You may experience a faint odour on first opening the bag which is natural with the process of vacuum packaging, but it will pass very quickly

The Essentials

- Refridgerate all meats below 5c
- Remove packaging & Prepare accordingly
- Cook to recommended internal core temperatures allowing for personal preference
- Remove from oven and Rest the meat – most meats benefit from 20 minutes resting time –
- A tip to keep your meat warm while resting is to place it on the carving board, cover with tin foil and then cover with a tea towel
- Please remember that every joint of meat is different and those with a greater circumference will take longer to reach core temperature
- Every oven varies so our time guides are just that, a guide, so please use your own discretion with your own oven

TURKEYS

We have sourced our Turkeys for many years from the Wreathall's Family Farm, Chelmsford

With generations of experience rearing Turkeys they have learnt how to produce the most succulent of birds reared to the highest welfare standards

Each Turkey comes in a box with a pop-up timer and full cooking instructions for your turkeys individual weight as well as recipe ideas for any left overs

Please remember to remove the giblets from the bird which can be found vacuum packaged within the box or the turkey

Turkey Breast Joints

Our Turkey joints come with a variety of added extras if desired, such as stuffing, wrapped in Dry Cured Smoked Streaky Bacon or Both!

For our Premium Turkey joints, we recommend cooking at 180c for:

40 minutes per kg, plus 20 minutes for all turkey breast joints, both plain or stuffed

Weights of every joint can be found on the label

i.e. Cooking time of a - 2.5kg joint = 2hours

We also highly recommend cooking your turkey breast in a tin foil tent or at least covering with foil until the last 20 mins of cooking.

Peel back the foil for the last 20 mins as it will mean you have retained those succulent juices and leave you a golden skin full of flavour

MEAT PROBE CORE TEMPERATURE REQUIRED 72c

BEEF

At Bridget B's we offer a wide range of cuts of beef. We suggest the following:

Carvery Rib of Beef

Roast for 20 minutes at 200c then turn the oven down to 140c and continue to cook for 20 minutes per 0.5kg for the perfect medium beef
For rare we recommend 15 minutes per 0.5kg

Ribeye Roast

Roast at 180c for 20 mins per 0.5kg for medium, for Rare follow the same time but reduce the cooking temperature down to 170c

Sirloin Boned & Rolled

Roast at 180c for 20 mins per 0.5kg for medium, for Rare follow the same time but reduce the cooking temperature down to 170c

Topside of Beef

Roast at 180c for 20 mins per 0.5kg for medium, for Rare follow the same time but reduce the cooking temperature down to 170c

MEAT PROBE CORE TEMP REQUIRED

Rare - 52c Medium - 60c Well Done - 71c

BEEF

Fillet

If cooking fillet as a piece, start by searing the outside of the fillet in a smoking hot frying pan and turn on all sides just to seal the exterior and lock in the juices then cook in the oven at 180c for 20-30 mins cook time

Fillet by nature vary greatly in their circumference so use of a meat probe is always recommended on such a delicate cut of meat
See the Core Probe Temperatures Below

Bridget B's Homemade Beef Wellingtons

Preheat the oven to 180c whilst egg washing the pastry of the wellington which is essential to get a lovely shiny finish
Once fully coated, lightly flour your baking tray to prevent sticking and place your wellington into the oven

2 – 6 Person Wellingtons

Cooking times are more attributable to the diameter of the meat rather than the length so we guide all 3 sizes of wellington at the following but please bare in mind that this is only a guide and once again with such a delicate cut of meat we strongly recommend a cooking probe is used

Rare -25 mins

Medium -30 mins

Well done 40 mins

MEAT PROBE CORE TEMP REQUIRED

Rare -52c Medium - 60c Well Done - 71c

Geese & Poultry

Free Range Goose

Please see full cooking instruction within the carry box for your Goose or visit www.brisbournegeese.co.uk

Traditional Christmas Cockerels & Gressingham Ducks

- Preheat your oven to 180c
- Making sure giblets are removed from the Cockerels cavity place your bird in a Roasting tin and place in the oven – We recommend cooking your bird in a foil tent or covering your bird with foil until the last 30 minutes where you want to peel back the foil to brown the skin
- Cook your bird for 40 minutes per kg, plus 20 mins to finish

MEAT PROBE CORE TEMPERATURE REQUIRED 72c

Free Range Chickens

- Preheat your oven to 180c
- Place your Chicken in a roasting tin and pour a cup of water into the roasting tin for added moisture
- Cook your bird for 40 mins per kg plus 20 mins to finish if required

MEAT PROBE CORE TEMPERATURE REQUIRED 72c

GAME

Corn Fed Guinea Fowl, Pheasant & Partridge

- Game Birds are naturally very lean so careful cooking is required to retain moisture we always recommend covering your bird in streaky bacon
- Preheat oven to 170c
- Place your bird in a roasting tin and pour a cup of water into the roasting tin for added moisture and cover your bird carefully with tin foil, just exposing the bird from the foil for the last 10 minutes
- Cook for 40 mins per kg plus some extra time as required to finish

MEAT PROBE CORE TEMPERATURE REQUIRED 72c

Venison

Roast at 180c for 20 mins per 0.5kg for medium, for Rare follow the same time but reduce the cooking temperature down to 170c

Again, venison is a very lean and nutritious meat and requires careful cooking to retain moisture so we recommend making sure you add water to your roasting tin and monitor core temperature closely so as to not over cook and lose too much moisture

MEAT PROBE CORE TEMP REQUIRED

Rare - 52c Medium - 60c Well Done - 71c

Gammons

Plain & Smoked

There are so many great ways to cook your gammon to produce a beautiful ham but please make sure you prepare your gammon correctly first – We would always recommend soaking your gammon overnight in cold water and then rinsing pre cooking or bring your gammon to the boil and boil for 5 minutes before removing and starting again. These processes remove any excess amounts of curing salts that are drawn into the core of the meat during the curing process

You may choose to Boil or Roast your gammon joint or a combination of both as it is very versatile, you will find many wonderful tips and recipes on the internet, my personal favourite is Nigella Lawson's recipe for cooking in Coca Cola!

For Boiling, place your joint in a adequate sized saucepan and cover well with water (or cola) and bring to the boil, once boiling, turn the heat down to a good simmer and cook for 40 mins per kg before removing to rest. If you prefer the skin removed this is the best time to do so as it peels off fairly easily at this stage

For Roasting place your joint into a roasting tin and place in the oven at 180c and cook for 40 mins per kg – we would recommend covering your gammon in tin foil for the first half of the cook time to keep the crackling from scorching

MEAT PROBE CORE TEMP REQUIRED 72c

Pork

Pork Joints

Preheat your oven to 180c. Before placing your pork in the oven make sure the skin has been scored, then make sure the skin is dry and apply some salt to the skin (This will ensure you the most beautiful crackling)

Place your joint in a roasting tin and pop into the oven for 40 minutes per kg plus 20 minutes to finish, this applies to all pork joints both on the bone and boned & rolled

Shoulder of Pork on the Bone & Belly pork are both better suited to longer slower cooks (reduced cooking temperatures) to produce the most mouthwatering pulled pork, again many wonderful recipes can be found on the internet to achieve this

Bridget's Slow Cooked Pork Belly

- Diamond score your pork belly using a stanley knife and apply a moderate amount of salt to the skin
- Prepare 4 white or red onions into large slices and place them into the roasting tin and cover in 2 litres of water
- Place a wire cooling rack as used in baking over the top of the onions and place the Pork belly onto the wire cooling rack
- Cook at 140c for approx 3 – 4 hours depending on the size of the joint or until your joint has reached core temperature
- Full of caramelised flavour, use the onions and meat juices to make the most sumptuous of gravies and enjoy your pulled pork and crackling!

MEAT PROBE CORE TEMPERATURE REQUIRED 72c

Lamb

Lamb Joints

Preheat your oven to 180c

If it is to your preference, prepare your lamb by studding with garlic & rosemary

Place your joint in a roasting tin and pop into the oven for 40 minutes per kg plus 20 minutes to finish, this applies to all lamb joints both on the bone and boned & rolled

Shoulder of Lamb on the bone can be better suited to longer, slower cooks (reduced cooking temperatures) to produce the most mouthwatering soft & succulent lamb, again many wonderful recipes can be found on the internet to achieve this

MEAT CORE TEMPERATURES REQUIRED

Rare – 60c Medium – 65c Well Done – 70c

Lamb Racks & Guards of Honour

Warm up a frying pan until it is smoking hot and then sear your lamb racks to get a nice golden brown colour on the outside

Once seared place in a preheated oven at 180c and roast for approximately 12 mins for very pink, 17 mins for medium and 25 mins for well done

For the Guards of Honour follow the same cooking guide but interlock the bones, standing them in pairs

MEAT CORE TEMPERATURES REQUIRED

Rare – 60c Medium – 65c Well Done – 70c

Sausages, Sausagemeats & Bacons

Sausages & Pigs in Blankets

Our sausages can be cooked in a variety of ways but our personal favourite is to air fry them

Air Fry – 200c for 11–12 mins

Oven Cook – 180 c for approx 20 mins

Grill – Cooking time under the grill is 12–18 mins, turning regularly

Fry – Cooking time to fry is 8 – 12 mins , turning regularly

A few Tips

We recommend not piercing the Stilton sausages to keep in the gooey cheese!

Elevate your Pigs in Blankets to another level with a little brush over with honey or a honey & mustard mix

Sausagemeats

Designed to be multi purpose our sausagemeats can be used to stuff inside of your Christmas poultry, to roll into stuffing balls and bake, to tray bake or to make luxury sausage rolls as well!

Air Fry – 200c for 11–12 mins

Oven Cook – 180 c for approx 20 mins

Bacons

Our bacons are dry cured so cooking time is quicker than you might expect

They are all suitable to Grill, Fry, Air Fry and Oven cook