



TIPS • ADVICE • COOKING TIMES

Pork

Buying Pork

Joints to choose: Loin or joint from the leg.

Weight to allow: A 3 to 4lb (1.4 to 1.8) boned joint gives 6 to 8 good portions. Allow slightly more weight if buying the joint on the bone.

Cranberry and Apple Sauces:

Blend equal quantities of apple puree and cranberry sauce.

Port Wine Sauce

Boil $\frac{3}{4}$ pint (450ml) beef stock with a peeled onion and several strips of orange rind: cool then strain. Heat 2oz (50g) butter, stir in $1\frac{1}{2}$ oz (40g) flour, then stock, 3 tablespoons orange marmalade. Heat steadily, stirring until thickened. Add $\frac{1}{4}$ pint (150ml) port wine, heat without boiling. Season well.

Boiled or Duchesse potatoes; See "Lamb", flageolet or green beans and broccoli.

For Good Crackling

Ask your Butcher to score the rind, stand meat on trivet in roasting tin, rind uppermost. Brush with oil and sprinkle with salt. Do not cover.

Cooking Times

375° F / 190° C / Gas Mark 5.

Allow 30 to 35 minutes per lb (450g) plus 30 minutes.

Carving Pork

Carve loin downwards and leg joint across the grain.

Using Cooked Pork

It is delicious in salads and makes luxury Cottage Pie.

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Lamb

Buying Lamb

Joints to choose: Leg, Shoulder, or Saddle (double loin).

Weight to allow: A 4 to 5lb (1.8 to 2kg) joint on the bone gives 6 to 8 good portions. Allow slightly more for saddle, due to the amount of bone.

Adding Extra Flavour to Lamb

Flavour the lamb by inserting a few slivers of garlic under the skin before cooking or brush the half cooked meat with a little honey and sprinkle with rosemary then finish cooking.

Accompaniments

Mint Sauce or Jelly or Red Wine and Cranberry Sauce:

Blend $\frac{3}{4}$ pint (450ml) of the marinade with 3 level teaspoons arrowroot. Put into a pan with 5 tablespoons cranberry jelly, stir until thickened.

Green peas, cauliflower, roast potatoes and/or duchesse potatoes. Cook 2lb (900g) potatoes in boiling salted water, strain then sieve. Beat in 3oz (75g) butter and 3 egg yolks. Season well. Pipe or form into pyramid shapes. Bake for 20 minutes. These can be prepared ahead and frozen.

Cooking Times

375° F / 190° C / Gas Mark 5. Allow 25 to 30 minutes per lb (450g) plus 25 to 30 minutes over. A piece of lamb on the bone will cook more quickly than one without.

Carving Lamb

Leg and Shoulder: Carve slices downwards on rounded side, then carve underside horizontally.

Loin: Carve between the bones.

Using Cooked Lamb

In salads, a curry or mince and use in a Moussaka.

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Ham & Gammon

Buying Ham

Some Butchers cure their hams before cooking with natural ingredients using old established recipes.

Weight to allow: If boned, allow 4 to 6oz (100 to 175g) per person and 8 to 10oz (225 to 300g) if on the bone.

To Glaze Ham

Brush away any crumb coating, make shallow cuts in a neat design in the fat. Coat with glaze, wrap foil around the lean part. Heat for 20 minutes at 350° F / 180° C / Gas Mark 4.

Christmas Glaze

Blend 5 tablespoons cranberry sauce, 2½ tablespoons orange marmalade, 2 tablespoons chopped walnuts, 1 teaspoon mustard powder and a good pint of ground cinnamon. Garnish with glaze cherries and orange segments on cocktail sticks.

Buying Gammon

The gammon (bacon) sold by your Butcher does not need soaking before cooking, unless dry cured, when it should be covered with cold water and soaked overnight. Choose between green (unsmoked) or lightly smoked gammon.

Weight to allow: A 3lb (1.4 kg) joint o gammon gives average portions for 6 people.

Cooking Gammon

Cook the gammon with water or cider or a mixture of water and ginger ale to cover, add a bay leaf, 1 onion, 2 carrots plus a tablespoon of brown sugar and shake of black pepper. Simmer for 20 to 25 minutes per lb (450g) plus 20 minutes. Cold gammon: cool in the liquid.

Accompaniments

Cranberry jelly or sauce, mashed potatoes or broad beans.

Using Cooked Ham or Gammon

The liquid in which the gammon is cooked makes a wonderful stock for soups. Pieces of cooked ham and gammon can be used as stuffing in jacket potatoes, gilling in omelettes and pancakes or added to soups. Use the meat in a variety of salads.

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Turkey



Buying Turkey

A 12lb (5.4kg) turkey (weight when dressed) gives 12 average portions. Your butcher will always advise you on size.

Storing the Turkey

Ensure giblets are removed. Place both giblets and turkey in the refrigerator.

Accompaniments

Pigs in Blankets, Chipolatas and stuffings (including Chestnut Stuffing)

For Chestnut Stuffing, blend 1lb (450g) freshly made or canned unsweetened chestnut puree with 6oz (175g) chopped, uncooked dried apricots, 6oz (175g) chopped hazelnuts or chestnuts, 3oz (75g) seedless raisins, 2 tablespoons chopped parsley, 2oz (50g) melted butter and seasoning. Gives 12 to 16 portions.

Cranberry Sauce: Flavour this with a little port wine and orange juice.

Special Bread Sauce: Add a little cream and a pinch of nutmeg.

Roast and Duchesse Potatoes: (See "Lamb")
Brussel Sprouts, braised Celery or Carrots and Peas.
Thickened gravy from giblet stock plus a little wine.

Stuffing the Turkey

NEVER stuff the body cavity just the neck end. Leave air space between stuffing and flesh. Bake extra stuffing in dish or make into balls.

Roasting Turkey

Cover flesh with soft butter. Cook breast side downwards for the first half of cooking time then turn 425° F / 220° C / Gas Mark 7 for one hour then 375° F / 190° C / Gas Mark 5. Allow 15 minutes per lb (450g) plus 15 minutes for a bird up to 12lb (5.4kg). Over this weight allow extra 12 minutes per lb (450g) to 20lb (9kg); then 9 minutes for each extra lb (450g).

To test if cooked: Insert knife where leg joins body; juice must be colourless and not pink.

Carving Turkey

Sever one leg from the body to enable you to carve the breast.

Using Cooked Turkey

Cold turkey makes wonderful salads in various dressings. Use in a casserole in a good sauce. Make curries. Fill pancakes or omelettes with turkey and stuffing.



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Beef

Buying Beef

Joints to choose: Rib, Sirloin, Topside, Silverside.

Weight to allow: A 3 to 4lb (1.4 to 1.8kg) boned joint gives 6 good portions.

Accompaniments

Yorkshire Puddings (it is easier to serve individual puddings rather than one large pudding), horseradish sauce, mustard, roast potatoes, roast parsnips (boil for 20 minutes; draining, dry well, then roast in hot fat).

Green vegetables. Slightly thickened gravy from pan juices; flavour with a dash of red wine.

Temperatures for Roasting

Preheat oven before cooking.

A: Hot Oven: suitable only for prime cuts. Set oven to 425° F / 220° C / Gas Mark 7.

B. Moderately Hot Oven: suitable for all joints. Set oven to 375° F / 190° C / Gas Mark 5.

Cooking Times

Rare: 15 minutes per lb (450g) plus 20 minutes at A; 20 minutes per lb (450g) plus 15 minutes at B.

Medium Rare: 20 minutes per lb (450g) plus 20 minutes at A; 24 minutes per lb (450g) plus 20 minutes at B. Carve slices from outside of joint for people who like beef well done.

Well Done: 25 minutes per lb (450g) plus 25 minutes at A; 30 minutes per lb (450g) plus 30 minutes at B.

Cook joints with a natural fat with fat side uppermost, add a little fat to lean joints. Baste during cooking or use covered roasting tin.

Carving Beef

Boned joints – carve across the grain.

Using Cooked Beef

Serve cold with various pickles, relishes and salads.

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