

# HOW TO COOK THE KELLYBRONZE RANGE

**PRE-HEAT OVEN: 180°C**

**FAN: 160°C**

**AGA: HOT**

## WHOLE BIRD follow instructions 1 to 6 below



**1 PLACE IN A TIN BREAST DOWN** with 500ml of water and your favourite vegetables. Season with Maldon Sea Salt. Do NOT stuff - cook stuffing separately. DO NOT USE FOIL, so that you don't poach the meat.



**2 TURN THE BIRD OVER** half way through our proposed cooking time. Season again.

**PIERCE THROUGH THE SKIN** between the legs and breast to allow the thighs to cook.



**3 MONITOR THE TEMPERATURE** regularly by putting the thermometer half way through the thickest part of the meat.

**4 REMOVE FROM THE OVEN AS SOON AS THE THERMOMETER REACHES 60°C, AND REST. DO NOT COVER THE BIRD**

**5 TO MAKE THE GRAVY** skim off any excess fat from the stock. Mix in all the caramelised bits from the bottom of the tin.

**6 TO MAKE THE CRACKLING** whilst carving peel off all the skin, season well and place in a hot oven for 10 to 15 minutes until crisp like crackling.

## WATCH OUR 'HOW TO VIDEOS:

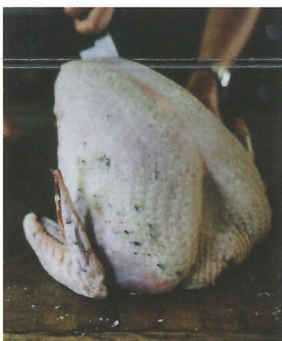
[WWW.KELLYBRONZE.CO.UK/HOWTO](http://WWW.KELLYBRONZE.CO.UK/HOWTO)

*"A KellyBronze is the most unique turkey and must be cooked as such. Please do follow my instructions, it cooks like no other turkey - Extremely Quickly.*

*I personally take my turkey out of the oven when the temperature of the meat is 55°C and rest it. I enjoy it pink when it reaches 60°C"*

PAUL KELLY

## CROWN



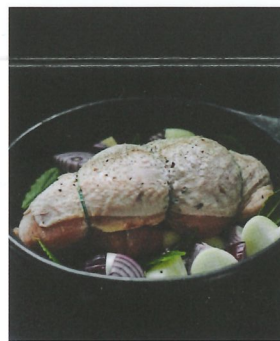
**PLACE IN A TIN BREAST UP** with your favourite vegetables and 500ml water. Season with Maldon Sea Salt and follow **INSTRUCTIONS 3,4,5 AND 6** as for the whole bird. DON'T USE FOIL.

## KBXS



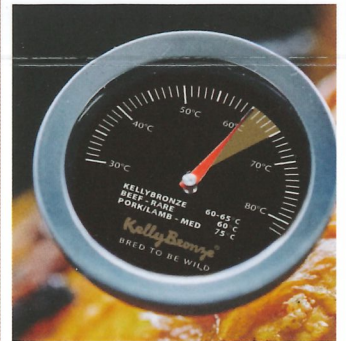
**PLACE IN A TIN BREAST DOWN** with your favourite vegetables and 250ml water. Season with Maldon Sea Salt and follow **INSTRUCTIONS 3,4,5 AND 6** as for the whole bird. DON'T USE FOIL.

## BREAST ROAST



**PLACE IN A TIN SKIN SIDE UP** with your favourite vegetables and 250ml water. Season with Maldon Sea Salt and follow **INSTRUCTIONS 3,4,5 AND 6** as for the whole bird. DON'T USE FOIL.

## THERMOMETER



### HOW DO YOU LIKE YOURS?

If the temperature of the meat **AFTER** standing for 30 mins is:

- 60°C** - It's Pink
- 65°C** - It's Perfect
- 70°C** - It's Overcooked

(In our opinion)

## COOKING TIME GUIDE - BASED ON A STANDARD OVEN

Your oven could easily reduce 20 minutes from the times below. The KellyBronze will cook very quickly because of the extraordinary fat marbling that is not present in a standard bird. Monitor the temperature with your thermometer regularly. The turkey will continue to cook while resting. Please do not cover the bird during or after cooking.

**ALLOW 2 HOURS AT ROOM TEMPERATURE BEFORE COOKING. PRE-HEAT YOUR OVEN - 180°C, FAN 160°C, AGA HOT**

JOINT	WHOLE BIRDS, CROWNS & KBXS							BREAST ROAST & STUFFED BREAST		
	KBXS	3kg	4kg	5 kg	6 kg	7-8kg	9-11kg	1kg	1.5kg	2 kg
<b>WEIGHT APPROXIMATE ROASTING TIME</b>	1 hour	1½ hours	1¾ hours	2 hours	2¼ hours	2¾ hours	3 hours	¾ hour	1 hour	1¼ hours
<b>RESTING TIME UNCOVERED FOR A MINIMUM OF:</b>	30 mins	30 mins	1 hour	1 hour	1 hour	1 hour	1 hour	15 mins	15 mins	15 mins



# HOW TO KELLY CARVE



## 1 WINGS OFF FIRST

Hold the wing by the tip. Cut it at the mid section. (then do the same again to the other wing).



## 2 LEGS OFF NEXT

Hold the leg by the end knuckle. Cut through the skin between the leg & the body and twist off. (then do the same again on the other side)



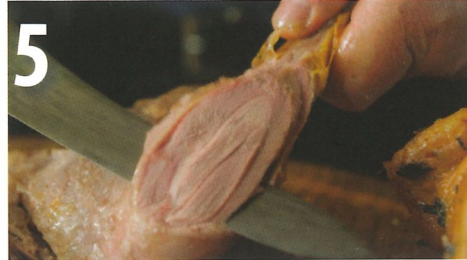
## 3 BREAST MEAT OFF

Use the tip of the knife, cut along the breast bone (keep the knife close to the bone) until the breast is removed. (do the same again on the other side).



## 4 PEEL OFF BOTH LEG AND BREAST SKIN

Place on a baking tray. Season and return to a hot oven for approximately 10-15 minutes until crisp - it's delicious!



## 5 SLICE IT UP

Slice the breast meat and carve the leg off the bone.



## 6 ENJOY!

Pour over the reheated gravy juices from the bird. Allow time to soak up the juices before serving.

**PLEASE NOTE: BECAUSE OF OUR DRY ARTISAN PROCESS, A KELLYBRONZE IS VERY SAFE, SO THE MEAT DOES NOT NEED TO REACH THE SAME HIGH TEMPERATURES AS RECOMMENDED FOR A STANDARD TURKEY.**

# THE WHOLE BIRD AND NOTHING BUT

Breakfast used to be the meal of leftovers - the meat or pie left from the night before. Simmering pots would catch the kitchen scraps. Techniques like pickling, potting and cooking used to be our way of preserving food before refrigeration. And turkeys were sold as whole birds, not crowns.

There is much to admire in how our grandparents cooked. They threw nothing away. Meat when I grew up was a special treat. It made the first meal, then lunch the next day. The carcass would produce the most wonderful broth, and bread with dripping would make another dish.

To extol the virtues of having the whole bird versus the crown at this point may be too late for some. But you should know that the legs and back carry all the flavours that produce a deep rich gravy stock. The humble leg meat from a KellyBronze is dark and delicious, use it, you'll be reducing food waste.

Using leftovers is a skill worth cultivating and one that bonded the nation during the war. Many of those post-war combinations continue to comfort us and inspire our cooking today. A KellyBronze cooked and set aside from Christmas Day is the 'ingredient' for the most exquisite meals.

After all, what makes people refuse to eat 'leftovers', is normally just that word.

LET'S ALL COMBAT FOOD WASTE. PAUL KELLY.



MY MOTHER MOLLIE KELLY





# BOXING DAY LASAGNE

**KellyBronze**<sup>®</sup>

BRED TO BE WILD

## INGREDIENTS

- 1 tbs olive oil
- 200g cooked sprouts, roughly sliced
- Sea salt and freshly ground pepper
- 180g pack of whole cooked chestnuts, roughly chopped
- 90g jar Scala truffle pesto
- 400g cooked KellyBronze turkey, roughly shredded
- 200ml double cream
- 8 sheets of lasagne
- Handful of flat leaf parsley, finely chopped

Serves: 4

Prep time: 5 minutes

Cooking time: 20 minutes

## METHOD

Heat the oil in a large frying pan, add the sprouts, season well and cook for a couple of minutes until just beginning to colour. Stir in the chestnuts and cook for another minute.

Add the truffle pesto and stir to combine. Add the turkey with some cream, a little at a time until desired consistency. Simmer gently, stirring occasionally, until hot. Taste and season if necessary.

Add the lasagne sheets to a pan of boiling water and cook until al dente. Drain, separate and cut each one in half widthways.

To assemble, lay a square of lasagne on a serving plate and layer up with the mixture and 3 more lasagne sheets.

Kelly Bronze®

BRED TO BE WILD

HAPPY CHRISTMAS

