



# Christmas Cooking Guide

PRODUCT	THAWING	COOKING	TIPS
<b>Bone in Poultry</b>	<p><i>in fridge 6 hours per kg</i></p> <p><i>in a plastic bag, in water 1 hour per kg</i></p> <p><i>(water must be flowing or change every 30min)</i></p>	<p><i>45 minutes per kg at 180°</i></p> <p><i>or 70° using a thermometer</i></p>	<p><i>Add a little water to the bottom of the dish to retain moisture while cooking.</i></p> <p><i>Lightly brush bird with olive oil or butter and place breast side up on a rack in a shallow cooking dish.</i></p> <p><i>After cooking let the item rest for 10 to 15 minutes before carving.</i></p> <p><i>To prevent burning cover roast once golden brown until it is fully cooked.</i></p>
<b>Boneless Poultry</b>	<p><i>in fridge 6 hours per kg</i></p> <p><i>in a plastic bag, in water 1 hour per kg</i></p> <p><i>(water must be flowing or change every 30min)</i></p>	<p><i>45 minutes per kg at 180°</i></p> <p><i>40 minutes per kg at 180° for stuffed items</i></p> <p><i>or 70° using a thermometer</i></p>	<p><i>Add a little water to the bottom of the dish to retain moisture while cooking.</i></p> <p><i>Leave any netting on while cooking to keep the item together.</i></p> <p><i>To ensure even cooking and colour turn over halfway during cooking.</i></p> <p><i>To prevent burning cover roast once golden brown until it is fully cooked.</i></p>
<b>Beef &amp; Lamb</b>	<p><i>in fridge 6 hours per kg</i></p> <p><i>in a plastic bag, in water 1 hour per kg</i></p> <p><i>(water must be flowing or change every 30min)</i></p>	<p><i>1 hour per kg at 180°</i></p> <p><i>or using a thermometer:</i></p> <p><i>Medium/Rare - 55°</i></p> <p><i>Medium - 65°</i></p> <p><i>Well Done - 70°</i></p>	<p><i>After cooking let the item rest for 10 to 15 minutes before carving.</i></p> <p><i>To ensure even cooking and colour turn over halfway during cooking.</i></p>
<b>Pork</b>	<p><i>in fridge 6 hours per kg</i></p> <p><i>in a plastic bag, in water 1 hour per kg</i></p> <p><i>(water must be flowing or change every 30min)</i></p>	<p><i>1 hour per kg at 180°</i></p> <p><i>55 minutes per kg at 180° for stuffed items</i></p> <p><i>or 70° using a thermometer</i></p>	<p><i>Add a little water to the bottom of the dish to retain moisture while cooking.</i></p> <p><i>Rub salt &amp; oil into skin for crispy crackling.</i></p> <p><i>After cooking let the item rest for 10 to 15 minutes before carving.</i></p>
<b>Reheating Cooked Roasts</b>	<p><i>in fridge 6 hours per kg</i></p> <p><i>in a plastic bag, in water 1 hour per kg</i></p> <p><i>(water must be flowing or change every 30min)</i></p>	<p><i>45 minutes per kg at 180°</i></p> <p><i>or 60° internal using a thermometer</i></p>	<p><i>Add a little water to the bottom of the dish to retain moisture while cooking.</i></p> <p><i>Wrap in alfoil and open 30 minutes before finish.</i></p> <p><i>After reheating, let the item rest for 10 to 15 minutes before carving.</i></p>