

How to deal with the Christmas turkey – Nicolas Lang from Forage & Chatter has the answers!

Nicolas Lang, Head chef from Forage & Chatter on Alva Street shares his tips on what to do with your turkey this Christmas. He favours the traditional approach!

1. Go to a credible butcher, pre order or get a fresh turkey and a turkey relevant to the number of people you are cooking for and the size of your oven.
2. Preheat oven to 170 degrees C and take the turkey out of the fridge 1 hour before cooking to allow it to come to room temperature.
3. Prepare a stuffing of your choice, try not to use a bread crumb based stuffing rather a stuffing with a high moisture and fat content to keep it moist.
4. Stuff the turkey cavity, remembering to remove the giblets or ask your butcher when purchasing.
5. Once the turkey is stuffed, take butchers string and tie the legs together to help prevent the stuffing bursting out.
6. Place turkey on oven tray, on a wire rack to allow hot air to pass underneath the bird. This will allow for even cooking.

Cooking times – for every 4kg allow 3 hours cooking

0-1 hours with tin foil

1- 3 hours no tin foil

7. Check the bird is cooked by either poking a long thin needle in it and the liquid should run clear. If you do not have a needle, then tug on a leg and it should easily pull away from the bird.

8. Cover and allow to rest for 30 – 45 minutes depending on size of the bird.

9. While the bird is resting take the pan drippings and use in your gravy by either making a gravy or just using water.

10. Carve and serve. Use a sharp knife and a secure chopping board!

How big should my turkey be?

4-8kg feeds 10

8-10kg feeds 10-15

10-12kg feeds 15 – 20

