



Your Christmas Cooking Guide



The quintessential guide
to cooking your free range
produce to perfection.

Cannings.

“If you’re cooking for family and friends this festive season, you know it needs to be done well.

Never fear, we’ve got your back! With this cooking guide, all of your roasted delights will be exceptional.

You’ll also find a few of our favourite recipes that are guaranteed to take your feast to the next level of awesomeness.”

**– Sam
Canning**





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Cannings Cooking Guides





Serving Guide

Size	Serves
2-3kg Boneless	<8 people
4.5-5.5kg Half Leg	12 people
7-9kg Whole Leg	24 people

Cooking Guide

Size	Temp	Time
Boneless	160°C	1hr
Half Leg	160°C	1.5hrs
Full Leg	160°C	1.5hrs

(all temps are for a fan forced oven)

Serving Tips

Only slice your ham as you use it. Whatever you do, don't cover the ham in cling wrap. It won't last as long. Your ham needs to breathe!

Whole or Half Leg (Bone In)

1. Preheat your oven (fan forced) or BBQ to 160°C.
2. Glazing your ham: Cut through the ham skin - around the shank (you want to leave the skin on this part) then get your thumb under the skin and peel it off. Once all the skin is removed, score the fat in a criss-cross pattern to about 5mm depth, then place the ham onto a tray.
3. Optional - stud each of the squares of fat with a single clove (press the long end into the fat). Note: this is just for presentation, and you'll need to remove the cloves before eating the ham slices.
4. Coat the fat with Cunnings Glaze (or glaze of your choice) over the top of the ham.
5. Bake in the oven, or the BBQ with the lid down, for 1 hour and 30 mins - brushing with extra glaze every half hour. When it's done, allow it to cool for a few minutes then slice.
6. Serve with your favourite mustard, and honey glazed baby carrots.

Boneless Mini-Ham

1. To begin, please note: mini hams do not come with the same fat covering as whole or half leg hams. This means that they can't be glazed using the traditional scoring/studding method, however can still be brushed with glaze for an extra pop of flavour.
2. Glazing your ham: Coat with ham glaze, and lay thinly sliced orange or pineapple (optional) over the top of the ham. Bake in the oven (fan forced), or the BBQ for 45 mins - 1hr on 160°C with the lid down, brushing with extra glaze every 15 mins.
3. Cunnings hams are already cooked and ready to eat, so you are just aiming to heat them through. Be careful not to cook your ham for too long as you may dry it out.

Using a Ham Bag to Store Leftover Leg Ham:

Dip your cotton ham bag in a solution of 2 cups cold water and 1 tablespoon vinegar.

Wring the bag out gently, then place the ham inside.

To get the most out of your ham, only ever slice what you need for that sitting.

Every 3 days or so, rinse and re-dip in a fresh solution to keep the bag moist. Store in the coolest part of your fridge (below 4°C). Properly stored ham will generally last like this for up to 7 days.



Poultry

Whole Chicken

1. These birds are a little bigger than your typical roasting chicken and will usually take somewhere between 1 hr 20 - 1 hr 40 mins on 180°C (fan forced) in a preheated oven (a meat thermometer is your best friend when it comes to poultry!). You can also crank your oven up to 220°C for around 20 mins at the beginning of the cooking time to get the skin nice and crispy. If you have a meat thermometer, it should read somewhere between 67 - 70°C in the thickest part of the breast, without touching bone. Rest 15 - 20 mins before serving.

Whole Duck

1. Preheat your oven to 220°C (fan forced).
2. Pat your duck dry with a paper towel (optional: stuff cavity with quartered apples and prunes). Gently score the skin of your duck, ensuring you do not cut through the meat. This will allow the fat to render out during cooking. Rub the skin all over with salt, then seal the cavity with a skewer and put the duck in a dish with about 300ml of chicken broth.
3. Roast for about 35 mins, adding more liquid if it evaporates (you need liquid to prevent the duck drying out). Reduce the heat to 160°C cook for a further 1 hours and 10 mins. If you have a meat thermometer, it should read at an internal temperature of 67°C in the leg (ensure it's not touching bone). Rest for 15 - 20 mins.

Seasoned Mini Turducken Roll

1. Roast for 45 mins per kilo of meat on 180°C (fan forced). For example, a 2kg Turducken would need 1.5 hours. Baste throughout the cooking time. If you have a meat thermometer, it should read somewhere between 67 - 70°C. Once cooked, rest for 20 mins.

Cooking Stuffing Separately:

1. Add to a tray and cover with foil. Cook in oven for 40 mins on 180°C.

Making Gravy with Drippings

Traditional Gravy Method:

1. Pour stock into the roasting pan during cooking to soak up all the drippings and stop them burning.
2. After roast is done: combine 4.5 tbsp melted butter (or fat skimmed from pan drippings) and 4.5 tbsp flour in a saucepan until it forms a paste.
3. Slowly stir in 3 cups of pan drippings (add as much stock as you need to the final pan drippings to make up this amount). Heat on the stove on a low to medium heat, stirring until the thickness is right.

GF Onion Gravy Method:

1. Lay down a bed of chopped onions and garlic under your roast and baste with lots of melted butter throughout cooking time.
2. When you're done cooking, blitz some of the onions (the amount you use will determine how thick it ends up), plus all of the drippings until smooth.
3. That's it, you're done!!

Turkey

Serving Guide

Size	Serves
4-5kg	8-10 people
5-6kg	10-14 people
6-7kg	14-18 people
7-8kg	18-22 people

Cooking Guide

Weight	Temp	Time
4kg	180°C	2.5hrs
6kg	170°C	4hrs
8kg	160°C	5hrs

(all temps are for a fan forced oven)

Whole Turkeys & Buffes

1. Preheat your oven and drizzle olive oil over the skin. Place your turkey in a baking dish and cover with foil.
2. Keep covered in foil for first half of cooking time. Remove foil and baste with the turkey juices every half an hour.
3. If you have a meat thermometer - check to ensure that the thickest part of the breast is reading 70°C and if you have a whole turkey that's stuffed, the stuffing should read at least 65°C.
4. Depending on the size of your turkey, you'll have to adjust the cooking times and temperatures slightly. See the table.
5. Once cooked - rest your turkey for 5 mins per kilo of meat.

Boneless Turkey Breast Roll (Raw)

1. Remove the breast roll from its packaging, but keep in oven-safe netting. Rub olive oil over the skin and gently cover the top with foil.
2. Roast in a dish for 45 mins per kilo of meat on 180°C (fan forced) - for example, a 2.5kg turkey roll would need about 1 hour and 52 mins. Cover with foil for half of the cooking time then remove foil, baste with turkey juices or melted butter, then cook uncovered for the remaining time. When done, rest for 20 mins before serving.
3. If you have a meat thermometer - check to ensure that the thickest part of the breast is reading 70°C.

Smoked Turkey Breast Roll (pre-cooked)

1. Preheat oven to 100°C. Wrap turkey in foil and bake in the oven for about 3 hours or until a meat thermometer reads 70°C in the thickest part of the breast. (Keeping the temperature low and reheating gently will stop it from drying out.)
2. Once out of the oven, rest for 30 mins before slicing.

Brining your Turkey (optional)

Brining your whole turkey will make it more juicy and less likely to overcook! Start this optional step 24 hours before you plan to cook, and before you season the turkey or add any stuffing.

1. Heat 1 cup salt flakes, 1 cup sugar, 1-2tbsp peppercorns, 2 bay leaves and enough water to completely cover your turkey (approx 5-6L) - (don't add the turkey yet!), then cool completely.
2. Add cooled brine to a large container and completely submerge your turkey in the liquid. Leave in the fridge to brine for 24 hours. Remove and pat dry thoroughly before cooking.

Pork

Preparing Pork Crackle

1. For amazing crackle, it's important to give the pork skin plenty of time to dry out before cooking. For the best results, the day before your cook, pour boiling water over the skin of your pork to make it expand (make sure you only scald the skin, not the meat!).
2. Pat the skin dry, rub with salt and leave uncovered (or with a tea towel over it) on a plate in your fridge overnight.
3. On the day you are cooking, preheat your oven to 220°C (fan forced). Pat the skin dry again with paper towel and then drizzle olive oil on the skin and apply salt. At the end of cooking time, appraise the crackle - if it hasn't popped yet, put it under the griller for a couple of minutes and don't take your eyes off it. All Cannings pork roasts come pre-scored unless otherwise requested.

Pork Rack (Four or Eight Points)

1. Place in oven, uncovered on 220°C (fan forced) for 30 mins. Reduce the heat to 170°C. For a 4 point rack cook for an extra 20 mins. For an 8 point rack, add an extra hour. If you have a meat thermometer, aim for an internal temp of 64°C in the thickest part of the meat. Rest 15 - 20 mins before serving.

Plain or Stuffed Pork Loin Roll (And Porchetta Rolls)

1. Place on a tray in the oven, uncovered on 220°C (fan forced) for 30 mins. Turn down to 170°C and calculate remaining cooking time using table below. If you have a meat thermometer, aim for an internal temperature of 64°C in the thickest part of the meat. Rest the meat at least 15 - 20 mins before serving.

Plain or Stuffed Pork Belly Roll

1. Place on a tray in the oven, uncovered on 220°C (fan forced) for 30 mins. Turn down to 170°C and calculate remaining cooking time using table below. If you have a meat thermometer, aim for an internal temperature of 70°C in the thickest part of the meat. Remove from oven and rest 15 - 20 mins before slicing.

Pork Cooking Times				
30 mins @ 220C first, then 170C for:				
SIZE	LOIN/PORCHETTA		BELLY	
	Plain	Stuffed	Plain	Stuffed
1.5 kg	1 hr	1 hr 15 mins	1 hr 20 mins	1 hr 50 mins
2 kg	1 hr 20 mins	1 hr 35 mins	1 hr 40 mins	2 hrs 10 mins
2.5 kg	1 hr 40 mins	1 hr 55 mins	2 hrs	2 hrs 30 mins
3 kg	2 hrs	2 hrs 15 mins	2 hrs 20 mins	2 hrs 50 mins

Beef & Lamb



Seafood

Premium Beef Eye Fillet

1. Sear the fillet on all sides for around 7 mins or until browned evenly. Then close the BBQ lid or move into the oven. Obtain a steady 180°C (fan forced if using oven) and bake for 30 – 40 mins. Rest for 10 mins before slicing.
2. If you have a meat thermometer, insert it into the middle of the thickest part of the roasting piece and follow this temperature guide:
Medium-rare: 52-55°C
Medium: 60-65°C
Well done: 70+°C

Leg of Lamb

1. Preheat your oven to 180°C (fan forced) and cook for 25 - 30 mins per 500g for medium rare lamb. For a 2.5kg leg of lamb this will be around 1 hour and 40 mins. If you prefer your lamb well done add another 40 or so mins to the cooking time. Baste a couple of times during cooking.
Tip: marinate your lamb overnight before cooking for extra flavour.
2. If you have a meat thermometer, insert it into the middle of the biggest part of the roasting piece and follow this temperature guide:
Medium rare: 52-55°C
Medium: 60-65°C
Well done: 70+°C

Lamb Shoulder

Lamb shoulder is best cooked low and slow.

For bone-in: Preheat your oven to 140°C (fan forced), then roast for 5 hours or more.

For boneless: Preheat the oven to 150 °C fan forced. Bring lamb to room temperature. Place in a roasting dish with a splash of water/stock. Cover tightly and roast for 3.5–4 hours until very tender. For the last 10 - 20 mins, remove foil and brush with pomegranate and honey glaze.

Stuffed Lamb Loin Roll

Let the lamb lose its chill outside of the fridge before cooking. Preheat oven to 160C. For medium lamb, cook for about 1 hour (or until it reaches an internal temp of 50 °C), then bump up to 200°C for 10 - 15 mins. Rest before slicing.

Whole (Head-On) Ora King Salmon

1. Give the entire fish a rinse and pat dry with paper towels. If you want to add a bit of extra flavour, slice slits into the fish approximately 2cm deep and 7cm long vertically down the side of the fish
- cut three or four of these on either side. Rub salt and pepper into the inside of the fish, then add your favourite herbs (e.g. dill), and thin slices of lemon. Stuff the slits with salt, pepper, and the herbs/lemon (do this to both sides) as well.
2. From here you can either BBQ or pop the salmon into your oven. Preheat to 170°C (fan forced if using oven) and bake for 45 mins to 1 hour - if your salmon is extra large it may even take a little longer than this so don't be afraid to check for doneness!
3. Baste with salted butter and flip the fish approximately every 15 minutes - this will make the skin nice and crispy and stop it from sticking to the grill or oven tray.
4. If you have a meat thermometer, at the end of the cooking time it should read about 49°C for rare and 54°C for medium.
5. Rest for at least 10 mins before serving.

Whole Salmon or Trout Side (No Head)

1. Season with salt and your favourite flavours, then oven bake on 200°C for about 20 mins.

Prawns

For cooked prawns, simply defrost, peel and enjoy with a side of classic cocktail sauce.

For raw prawns, defrost and marinate in crushed garlic, herbs and olive oil, then BBQ or pan fry for around 2 - 3 mins each side.



Cannings Recipe Guides



Silky Sumac Salmon



A simple and delicious baked salmon recipe that's perfect for the festive season!

Ingredients

A side of Ora King salmon, skin on, around 1.3kg

2 tbsp Sumac

1 lemon, one half thinly sliced, the other for juice

Olive oil

1tbsp Butter

Salt and pepper

Method

1. Preheat your oven to a gentle 150C.
2. Take your salmon side out of the fridge and lay it skin-side-down on a baking paper lined tray (you'll need a big one - and may need to sit the salmon diagonally to fit). Sprinkle generously with salt, lifting the salmon up to season the skin side.
3. Then, using a spoon, season well with the sumac - trying to cover every inch of the up-facing salmon flesh. Sumac is a tart, lemony spice made from a ground dried berry and that lends a sour, almost salty character that is a perfect complement for the buttery Ora King salmon.
4. Lay your lemon slices along the length of the salmon and season these lightly with salt too. After a light drizzle of olive oil, place your salmon in the 150C oven and lightly bake for 30mins. This low temperature method allows the salmon to cook through, but retain a melt-in-the-mouth silky quality. Meanwhile, in a pan, melt a tablespoon of butter. Add some cracked pepper, remove from the heat and squeeze in the half lemon.
5. At the 25 min mark, test the salmon for doneness by sticking a skewer into the flesh - it should meet little resistance. If you want a little caramelisation on top, pup the salmon under the griller for the final few mins, keeping a close eye on it.
6. Take the salmon out of the oven, drizzle with the lemon butter and serve immediately with sides like a Celeriac Remoulade, quick pickled onions, and labneh.





Herb Butter Roast Chicken

A delicious way to turn your roast chook into a restaurant level dinner! With homemade herb butter under the skin of your chook, you will end up with the perfect combo of flavour, tenderness and crispy skin.

Ingredients

Herb butter:

1 tsp each of finely chopped sage, rosemary and thyme (you can sub for other herbs you may have on hand like parsley or tarragon)

1 whole pack of butter (softened on the bench so it's malleable but not melted)

1 clove of garlic - minced (optional)

Lemon

1 whole free range chicken (ours was 1.6kg)

2 large brown onions

Several cloves of garlic (6 ish or whatever you have on hand)

Salt flakes

Method

1. Start by preparing your herb butter - if you have time, it's a good idea to do this the day before or at least a few hours ahead so the flavours can infuse. (If you're pressed for time, it will still be delicious if you prep the butter just before cooking the chicken.)
2. Mix all butter ingredients together to combine - if you need to, feel free to use your hands to get everything really mixed in. Ideally at this point, wrap the butter up and let it infuse for a day in the fridge before using.
3. When you're ready to cook, take the butter out to soften it enough that you can spread it easily (but not so soft it's melted, so let it soften on the bench and don't put it in the microwave!). It's a good idea to take the chicken out at the same time, at least an hour before cooking, so it can lose some chill and cook more evenly.
4. Preheat oven to 200C.
5. Get your hand under the skin of the chicken and carefully lift it up from the flesh, so there's enough space to spread the butter between the skin and the flesh - be careful not to tear it!
6. Take a knife and spread the herb butter as far and as evenly as you can all over the breast of the chicken (under the skin) - you can use your hands if you wish but a butter knife tends to be easier.
7. Once the breast is evenly covered, salt the skin of your chicken thoroughly. Lay down a bed of chopped brown onions and whole garlic cloves in an oven tray, then add your chicken on top.
8. Bake at 200C for 1 hour (for a 1.6kg bird), basting the skin with butter/drippings halfway through. Make sure the oven is fully preheated before you put it in if you want crispy skin! Rest (loosely covered in foil) for at least 15 mins before serving.



Looking for more festive recipes?

Follow the QR code or visit our website for turkey and other roast recipes, sides and more!

<https://canningsfreerangebutchers.com.au/blogs/recipes/tagged/christmas>



Leftover Smoked Turkey Quesadillas



A game changing Boxing Day recipe for your leftover smoked turkey.

Ingredients

Cannings free range
Smoked Turkey Breast

2 tomatoes (add more
if you're making lots of
quesadillas)

1 red onion

1 avocado

Small flour tortillas (2 per
quesadilla)

Grated cheese (Monterey
Jack cheese is best if you
can find it, otherwise use
your favourite melting
cheese)

1 lime (more if you're
making lots)

Garlic

Your favourite hot sauce
- we like to use green
jalapeno Tabasco hot
sauce

Coriander (optional)

Salt and pepper





Paprika

Cumin

Method

1. Cut one thick one thick slice of turkey per quesadilla and chop into rough cubes. Finely dice one clove of garlic per quesadilla.
2. Make your salsa by finely dicing the tomato and onion. Mix together in a bowl with a big squeeze of lime juice, plus salt and pepper to taste. If you like coriander, chop finely and add some in as well!
3. Dice the avocado, and add to another bowl with a squeeze of lime
4. On the stove, heat a drizzle of olive oil and fry your garlic for about a minute before adding your turkey and 1 - 2 spoonfuls of salsa in a frypan. Add a sprinkle of paprika, cumin, and a little bit of hot sauce. Cook until heated through and fragrant, then remove.
5. Give your pan a wipe down, then add one tortilla, top with turkey mix, then a handful of grated cheese, topped with another tortilla. Let this toast until nice and brown, then flip and toast on the other side. Do this for as many quesadillas as you'd like to make.
6. Remove from the heat and slice, then top with salsa and avocado. Enjoy!

MEAT THERMOMETER COOKING GUIDE

Meat	Temp	Rare	Med / Rare	Medium	Med / Well	Well
 Beef & Lamb	Cook	42°	52°	57°	62°	70°+
	Rested	45°	55°	60°	65°	70°+
 Fish	Cook		52°	57°	64°	70°+
	Rested		55°	60°	67°	70°+
 Pork	Cook			57°	64°	70°+
	Rested			60°	67°	70°+
 Poultry	Cook		Not Recommended		67°	70°+
	Rested		Not Recommended		70°	70°+

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