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## ROAST TURKEY

The traditional Christmas Day meal.

Serves 10

1 serving 200 calories, 4g fat

Preparation time 40 minutes

Cooking time 3 hours 30 mins

## INGREDIENTS

1 x 5.4 kg (12lb) fresh or defrosted turkey with giblets  
1 large onion, diced  
2 carrots, sliced  
4 - 5 sprigs fresh thyme  
pinch of sea salt  
freshly ground black pepper  
2 - 3 tsps gravy granules

## METHOD

1. Preheat the oven to 180°C, 350°F, Gas Mark 5. Calculate the cooking time, allowing 15 minutes per 450g (1lb) plus an extra 20 minutes.
2. Wash the turkey well in cold water and remove the neck from the top of the bird and any excess fat.
3. Remove the giblets, which will be in a plastic bag at the base of the bird, and reserve.
4. Rinse the turkey well under cold running water, allowing the water to flush through the bird.
5. Prepare a large roasting tray by placing the chopped vegetables and giblets in the centre. Place a roasting rack over and pour 600ml of water into the tray.
6. Sit the turkey on top. Pull out the wing tips and twist, tucking them under the bird; this will prevent them from burning during cooking.
7. Season the turkey well with salt and freshly ground black pepper. Cover with foil and place in the oven.
8. Split the total cooking time into three, turning the bird onto its other side after one third of the cooking time and placing it breast-side up for the final third (this will ensure even cooking). Baste the bird with the juices in the bottom of the roasting tray during cooking to keep the bird moist.
9. Once the turkey is cooked, test by using a meat thermometer or by inserting a skewer into the thickest part of the turkey through the thigh. The juices should run clear without traces of blood. If in any doubt return the turkey to the oven and cook for a further 30 minutes and test again. When done, the temperature should be above 75°C, 170°F.
10. Remove from the roasting tray and place on a serving dish. Keep it covered with foil and allow 30 minutes standing time for easier carving.
11. Drain the meat juices from the roasting tray into a bowl and discard the giblets, vegetables and bay leaf.

12. Add 6 ice cubes to help congeal the fat, then use a ladle to skim off any fat from the top of the bowl or pour into a gravy separator.
13. Pour off the meat juices into a saucepan. Heat, adding more water if required, and when boiling thicken with 2 - 3 tps of gravy granules, stirring well to prevent lumps from forming.

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## CARVING THE TURKEY

1. Remove the leg by slicing down in between the leg joint and the carcass.
2. Cut the leg from the thigh where the natural joint runs.
3. Slice the breast meat from one side of the breast and across the top, taking alternate slices.
4. Finish slicing the whole side, then repeat on the other side.

