



## Tips for Cooking your Turkey Ballotine

### Prepare your Ballotine:

We've boned our free range bronze turkey breast (with its delicious skin still intact), and rolled it with a gluten-free chestnut, mushroom, rosemary and pancetta stuffing. Finally, we've wrapped it in free range bacon for extra luxury. Remove the turkey ballotine from the fridge before cooking, to allow to reach room temperature. Do not remove the butchers strings around the ballotine until after cooking and carving! We recommend not using foil as this can prevent achieving a lovely crispy skin and bacon. The oven should be preheated to 180°C (160° fan) Gas 4/5.

### Cooking Tips:

Roasting times vary with ovens and are approximate.

1. Place the ballotine in the roast tin and season with salt and pepper. Roast until your pop up timer's central pin pops up, which indicates it is ready to be removed from the oven.

### 'Pop up' timer - Pops at 65°C

- It is very important not to overcook your turkey ballotine. Those that do are then disappointed when it is dry. This can be avoided by either using a 'pop up' timer or a meat thermometer that detects when the ballotine is cooked - you are looking to achieve a temperature of around 65°C pre-resting. The turkey ballotine will continue to cook from the residual heat whilst it is resting outside the oven. Failing that test with a fork in the thickest part of the ballotine - when the juices run clear the turkey is ready.

### Approximate Cooking Times per weight:

1 kg - 1 hr

1.5kg - 1 ¼ hrs

2 kg - 2 ½ hrs

- After removing the turkey from the oven and before carving it, allow it to rest for 30-60 minutes.

Do not cover.

