**Cooking Guidelines for your**

 **Free Range Bronze Turkey**

Bronze turkeys tend to need shorter cooking times than intensively farmed white turkeys. (This is because they have grown slowly, to maturity, and developed a natural level of fat, which speeds up the cooking)

Here are our suggestions to help you get the best results from your turkey:

1. **Preset oven to: 180°C/gas mark 4/fan oven 160°C**

Cooking times: 15 minutes per kg, plus 60 minutes (calculated for you on the next page)

1. **Place the turkey, breast side down, in a roasting tin**. (The fat deposits are mainly in the turkey’s back. These will melt and run down into the breast, allowing it to cook in the turkey’s own juices)

Do not cover with foil – this would steam, rather than roast your turkey.

Do not stuff – this reduces air circulation through the meat. You may wish to place an onion in the cavity to add extra flavour to the roasting juices.

1. **Place in the preheated oven.**
2. **Halfway through the cooking time, carefully turn the turkey over**.
3. **Check by inserting a skewer into the thigh** – if the juices run clear, the turkey is cooked. If not, return to the oven and test again after 10 minutes.

Don’t allow your turkey to overcook, as it will start to dry out.

1. **Remove from the oven. Lift the turkey out of the roasting tin, cover with foil and leave to rest for 30 minutes**.
2. **To serve: carve into slices**. Layer slices in a warmed serving dish. Pour over some of the juices from the roasting tin and leave to stand for 10 minutes before serving. This is the secret to really succulent, tender turkey.
3. You should still have plenty of juice left from the roasting tin to make some delicious gravy.