

TERRIFIC TURKEY

Helpful tips for serving up a terrific turkey for Christmas lunch



If you can't bear the thought of cooking an entire turkey, how about this recipe?

TURKEY STEAKS WITH GINGER SAUCE AND POTATOES

INGREDIENTS

- 4 – 6 sweet potato or potatoes, peeled and coarsely chopped
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 4 turkey breast steaks (one per person)
- 3cm-piece fresh ginger, grated
- 2 teaspoons finely grated lemon rind (optional)
- 125ml chicken stock
- 2 tablespoons lemon juice
- 1/2 tablespoon honey
- 1 tablespoon cold water
- 1 teaspoon cornflour (can use plain flour)

Steamed broccoli, green beans or Brussels sprouts for serving

VARIATIONS

You could serve this with rice or noodles instead of mash?

You could add traditional gravy instead of the ginger stock mixture if you want a more traditional Christmas taste?

HOW TO MAKE TURKEY STEAKS WITH GINGER SAUCE AND POTATOES

1. Place the potato in a saucepan of cold water. Bring to the boil over high heat. Reduce to a medium heat and simmer for 15 minutes (or until tender) then drain.
2. Heat the oil and cumin in the frying pan over medium heat for 30 seconds or until aromatic. Add the potato and use a fork or masher to mash. Give it a good stir.
3. Meanwhile, over medium-high heat, heat a little oil in a non-stick frying pan and cook the turkey steaks for 2-3 minutes each side or until cooked through. Transfer to a plate and leave to rest.
4. In the pan you cooked the turkey, reduce the heat to medium then add ginger and lemon rind. Cook, stirring, for 1 minute. Add the chicken stock, lemon juice and honey.
5. Combine water and cornflour or flour in a bowl. Stir into stock mixture in the pan. Keep stirring whilst you bring it to boil. Simmer, stirring, for 3 minutes or until it thickens slightly then add the turkey back to the pan. Cook for 1 minute or until heated through.
6. Divide mash and turkey among serving plates. Top with extra sauce from the pan.
7. Steam some vegetables (or reheat any leftovers ?) to enjoy with this dish.

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SIDE DISHES SPECTACULAR SIDES, STUFFING, SAUCE AND TIPS!



Don't let the turkey steal the show – these side dishes can all be prepared the day before and reheated on the big day to eliminate all the stress!

SPLENDID SPROUTS

It wouldn't be a Christmas dinner without sprouts!

INGREDIENTS

- 350g Brussels sprouts
- 20g butter
- 50g pancetta cubes or 4 slices bacon chopped
- Splash of white wine or other liquor
- Salt & pepper to taste

HOW TO PREPARE THE SPROUTS

1. Peel the sprouts and cut in half.
2. Add the butter to the frying pan on a medium heat. Add the bacon and cook until crispy.
3. Add the sprouts and a splash of white wine.
4. Stir until cooked (soft but not mushy).



PIGS IN BLANKETS

My favourite side dish of a Christmas dinner and so easy to make your own!

INGREDIENTS

- 8 rashers smoked streaky bacon
- 16 chipolata sausages

HOW TO MAKE PIGS IN BLANKETS

1. Heat oven to 190°C/170°C fan/gas 5.
2. Cut the bacon rashers in half. Wrap a piece of bacon around each of the chipolatas.
3. Place on a baking tray and cook for 30-35 minutes until golden.

CHEAT'S SUPER STUFFING

This is a really tasty, inexpensive way to bulk up the Christmas dinner – by adding the packet stuffing all the seasoning is done for you and you don't need to buy herbs!

INGREDIENTS

- Onion
- Packet of sage and onion stuffing
- Breadcrumbs
- Sausage meat (you can open up any sausages if you find an offer on them – just cut through the skin and squeeze the meat out)

HOW TO MAKE CHEAT'S STUFFING

1. Finely chop the onion and fry for 5 minutes, turn off the heat and add a handful of breadcrumbs.
2. Make the packet stuffing according to the instructions and leave it to cool.
3. Combine both mixtures together.
4. It can be used as stuffing balls, put in the turkey or just put it in a loaf tin.
5. Note: Once made either freeze or use within two days. To save oven space, put it in the with your roast potatoes as it will take a similar time.
6. Or cook on a baking tray at 180°C for 45 minutes.

BREAD SAUCE

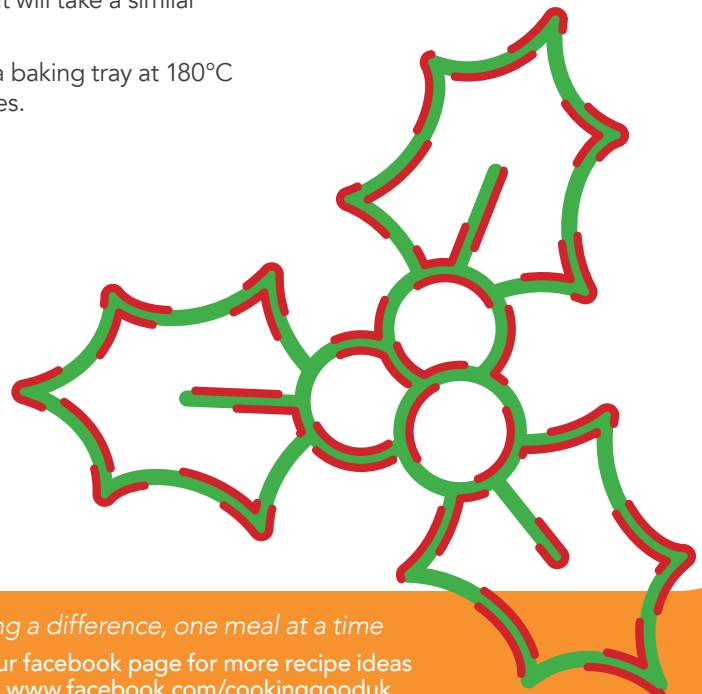
This makes Christmas lunch special. We love this almost as much as the turkey! Make ahead of time and just reheat on the big day!

INGREDIENTS

- 1 pint whole milk
- Onion
- 8-10 cloves
- 8-10 peppercorns
- 1 bay leaf
- 200g white breadcrumbs
- 50g butter
- 50ml double cream
- 1 teaspoon nutmeg

HOW TO MAKE BREAD SAUCE

1. Put the peeled onion in a pan with the milk, cloves, nutmeg, peppercorns and bay leaf gently heat until it just comes to a boil.
2. Turn off the heat and leave for 2 hours.
3. Sieve the milk to remove the onion and spices, put the milk back into the pan with the breadcrumbs, butter and cream, warm gently for about 5 minutes and the sauce should thicken.
4. Taste, you might like to add some salt, it's personal taste.



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SIDE DISHES SPECTACULAR



CRISPY ROAST POTATOES

The humble potato made into a fabulous accompaniment to any dinner!

INGREDIENTS

- 4 - 6 large potatoes
- 1 - 2 tablespoons sunflower oil
- Sprinkle of thyme (optional)
- 1 tablespoon of plain flour (optional) - gluten free if required
- Salt & pepper to taste

HOW TO MAKE CRISPY ROAST POTATOES

1. Preheat oven to 200°C.
2. Peel and chop potatoes in half (roughly equal size).
3. Add the potatoes to a saucepan of cold water (you can add salt if you prefer). Boil and simmer for 2 minutes. Drain in a colander and give a shake.
4. In the meantime heat the sunflower oil in the oven (4 - 5 minutes) to get it nice and hot. This is essential to ensure a good crispiness!
5. Add the potatoes to the oil and the thyme, flour and seasoning (if required) roast for approximately 50 minutes.

BRAISED RED CABBAGE

Homemade red cabbage full of vitamins good for keeping you well in the winter months! Even the children might try the red variety...!

INGREDIENTS

- 1/2 red cabbage (remove and discard stalk)
- 1 apple, peeled and sliced
- 1/2 large shallot/onion
- Shaking of spices - ground cinnamon and ground cloves
- 1 1/2 tablespoon sugar
- 1 1/2 tablespoon cider vinegar
- Salt and pepper to taste

HOW TO MAKE BRAISED RED CABBAGE

1. Add the butter to the pan and fry the shallots.
2. Add the cabbage and apple, stir.
3. Add the sugar, vinegar, spices and seasoning.
4. Put lid on and cook on a medium heat for 35 - 40 minutes (checking and stirring regularly). Add a couple of tablespoons of water if it has started to stick to the bottom.

ROAST PARSNIPS

Golden parsnips with a sweet glaze – the perfect Christmas side dish.

INGREDIENTS

- 500g parsnips
- 1 tablespoon of flour
- 1 tablespoon of honey
- 2 tablespoons of sunflower oil
- 2 tablespoons of butter
- Salt and pepper to taste

HOW TO MAKE ROAST PARSNIPS

1. Heat oven to 190°C
2. Trim the ends off the parsnips, cutting any larger ones in half lengthways, then put in a large saucepan, cover with salted water, bring to the boil and cook for 5 minutes.
3. Drain in a colander and let them steam-dry for a few minutes.
4. Sprinkle with the flour and honey and toss to coat them.
5. Put the parsnips in a roasting tin with the sunflower oil, butter and seasoning.
6. Roast for 30 - 40 minutes, turning halfway, until golden.

HINTS AND TIPS

- Prepare the stuffing in separate balls and shapes, cook them in advance and just warm them through on the day.
- Make and freeze breadcrumbs with any leftover bread...they can be used for bread sauce and stuffing at Christmas!
- A Christmas dinner just isn't the same without gravy. Try making it especially festive by stirring in some cranberry sauce!
- No need to score a cross in the bottom – it just makes them soggy!
- If you boil your sprouts, keep your eye on the cooking time. Don't go over 8 minutes!
- Roasted sprouts taste completely different from those that are boiled or steamed, it makes them sweeter! Try roasting them with some chestnuts and bacon for added yum!
- If you don't normally make or can't get Yorkshire pudding to rise then buy frozen ones and take away the stress!
- Roast potatoes are an essential part of Christmas dinner. A light dusting of flour/gluten free flour will help to add a bit of crunch! Don't forget to get the oil super-hot before adding them to the baking tray!



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DELICIOUS DESSERTS

If you have any leftover Christmas pudding or just want something a bit different, this recipe is perfect!

CHRISTMAS PUDDING ICE-CREAM

INGREDIENTS

- One medium Christmas pudding
- One tub of vanilla ice-cream

HOW TO MAKE YOUR CHRISTMAS PUDDING ICE-CREAM

1. Let the ice-cream melt out of the freezer for about 15 minutes (until it is a little soft but not runny).
2. Open the Christmas pudding (or use any leftover pudding) and break it up a little in a bowl with a fork. No need to cook this.
3. Add the ice-cream and combine with a spoon.
4. Add enough mixture to small cups, bowls or freezer-proof containers, smooth the top with a teaspoon and put these back in the freezer.
5. Get them out when you are ready to serve them.



This healthy pud is perfect for trying over the holiday season and all the spices will make your home smell amazing!

TASTY CHRISTMAS CRUMBLE

INGREDIENTS

- 5 apples (any kind but sharper apples or cooking apples work well)
- 8-10 plums
- 1 orange - zest and juice
- 4 tablespoons of runny honey (can use maple syrup or golden syrup)
- 250g rolled or porridge oats
- 150g plain flour (gluten free if necessary)
- 100g butter (room temperature)
- 1 teaspoon nutmeg (optional)
- 2 teaspoon cinnamon (or mixed spice)

HOW TO MAKE YOUR CHRISTMAS CRUMBLE

For the crumble

1. Preheat oven to 170°C
2. Take out the apple cores and plum stones and chop both into small chunks (diced). Add to ovenproof dish.
3. Sprinkle 1 tablespoon of cinnamon and 1 tablespoon nutmeg onto the mixed apples and plums.
4. Add the zest and juice of the orange (can use a fine grater for the orange peel to make the zest, which is just the red peel of the orange finely grated). Mix in one tablespoon of runny honey (can use maple syrup or golden syrup)

For the topping

1. In a separate bowl, add oats and flour together, mix well. Add the butter cut into 2cm cubes
2. Mix with a wooden spoon and add 3 tablespoons of runny honey. Mix well and add to the top of the fruit and pat down, trying to leave no gaps where you can see the fruit.
3. Add to the oven and bake for 40-45 minutes. When the top is slightly brown it is ready.
4. Leave to cool for about 10 minutes before serving.
5. Can be served with a little yogurt, cream or ice-cream but it is yummy on its own.