

# COOKING INSTRUCTIONS



Happy holidays! Thank you for choosing us to be at your table as you wrap up the year with those near and dear.

Here, we've compiled some suggested cooking instructions based on our offerings for your reference. Below are some general tips that will ensure a successful outcome.

- Remove items from the refrigerator well in advance before cooking, allowing them to come up to room temperature.
- Always pre-heat your oven for best results.
- Have a meat thermometer handy for assurance on the doneness of your meat. With such a large variety of electrical and gas ovens available, cooking time can vary so the thermometer is your best bet.
- Sharpen your knife before carving/slicing - nothing worse in a kitchen than a blunt knife!
- Rest roasts for half of its total cooking time before carving to allow the juices to redistribute for a juicier outcome.
- If you opted for your meat to be sous vide by us, note that it has been pre-cooked to a medium rare doneness, then blast-chilled for transport. You'll need to finish it off with a sear before serving. Always ensure it comes to room temperature before searing for an even temperature throughout.

# ROASTS

## BEEF

### BEEF ROAST



#### For oven roasting:

1. Pre-heat oven to 200°C at least 15-20 minutes prior to roasting. Turn this down to 170°C just before placing the roast into the oven.
2. For best results, place roast on an elevated wire rack on top of a baking tray for an even circulation.
3. For 1kg, roast for 30-45 minutes to reach a medium-rare doneness. For heavier roasts, extend cook time by 30 minutes for every kg increments. Use your meat thermometer for the most accurate way of testing your meat doneness. Refer to the internal temperature ranges indicated on the top right.

**Finishing off your sous-vide roast - refer to steps below for instructions.**

### BONE-IN/ PRIME RIB ROAST



#### For oven roasting:

1. Pre-heat oven to 200°C at least 15-20 minutes prior to roasting. Turn this down to 170°C just before placing the prime rib into the oven.
2. For best results, place the prime rib on an elevated wire rack on top of a baking tray.
3. Roast for approximately 30 minutes, checking the internal temperature towards the end. Refer to the temperature ranges indicated on the top right of this page when using your meat thermometer to check the doneness of your meat.

#### Approximate cooking time:

- Single bone-in - approximately 30 mins
- Two-bone roasts - approximately 1hr 15mins - 1hr 30mins
- Three-bone roasts - approximately 1hr 45mins - 2hr

**Finishing off your sous-vide roast - refer to steps below for instructions.**

### FINISHING OFF YOUR SOUS-VIDE ROAST

1. Pre-heat oven to 200°C.
2. Remove meat from the refrigerator half hour prior to let it come to room temperature.
3. Pat the surface dry with a kitchen towel to ensure a proper sear.
4. Sear the roasts in the 200°C oven for around 3-5 minutes, or until deep brown in colour.

### INTERNAL MEAT TEMPERATURE RANGES FOR RED MEAT

- Medium-rare - 56°C (recommended)
- Medium - 60°C
- Medium-well - 65°C
- Well-done - 70°C

## POULTRY



### TURKEY ROAST

Based on a 5kg turkey:

1. Remove the thawed turkey from the refrigerator to bring to room temperature. Pat completely dry.
2. Set a rack at the lowest position in the oven and preheat to 160°C for 15 minutes.
3. Roast the turkey about 3 hours, or until a thermometer inserted into the thickest part of the thigh registers 63°C.
4. Transfer the turkey to a platter, cover loosely with foil and let it rest for 1hr 30 minutes before carving.

Reheat Turkey ham in a pre-heated oven at 200°C for 10 minutes or until a delicious golden brown is achieved.



### TURKEY HAM



### CHICKEN ROAST

1. Preheat oven to 160°C.
2. Pat the surface of the chicken completely dry with a kitchen towel and rub a little oil on the skin for nice browning.
3. Place chicken on a wire rack, or nestled on top some vegetables to prevent the bottom of the chicken from getting soggy.
4. 1 - 1.2 kg chickens are best roasted for 30-45 minutes, or until juices run clear, or when it reaches an internal temperature of 64°C.
5. It is recommended to place the chicken breast side up in the oven, with the legs towards you.



### DUCK ROAST

1. Preheat oven to 130°C.
2. Score skin of duck breast.
3. Roast in the oven slowly, for 2 hours, to render the fat.
4. Remove excess fat from roasting tray/pan.
5. Raise oven temperature to 205°C in the last 15-20 mins to finish the roast.



## LAMB



### LAMB BONE-IN LEG ROAST

- Pre-heat oven to 200°C.
- For a medium-well roast, roast at 180°C for approximately 1hr - 1hr 15mins.
- For a medium-done roast, extend cook time for an additional 20 minutes.
- **Refer to the internal temperature ranges below.**



### LAMB SHOULDER ROAST

- Preheat oven to 200°C.
- Roasting time (for medium doneness):
- 1kg: roast at 180°C for 45 min
- 1.5kg: roast at 180°C for 1hr 15 min
- 2kg: roast at 180°C for 1hr 40 min
- For a medium-well doneness, extend cook time for an additional 20 minutes.
- **Refer to the internal temperature ranges below.**

#### Finishing off your sous-vide roast:

Refer to steps on Page 2 for instructions.



### LAMB RACK ROAST

To prepare a whole or half rack roast:

- Preheat oven to 220 °C.
- Score the fats and wrap bones with aluminium foil.
- Roast between 170°C - 180°C for 25-30mins.
- **Refer to the internal temperature ranges below.**

#### Finishing off your sous-vide roast:

Refer to steps on Page 2 for instructions.

### INTERNAL MEAT TEMPERATURE RANGES FOR RED MEAT

- Medium-rare - 56°C (recommended)
- Medium - 60°C
- Medium-well - 65°C
- Well-done - 70°C



## HERB-CRUSTED ROASTS



### HERB - CRUSTED BEEF ROAST

1. Preheat oven to 200°C before turning down to 170°C before placing roasts in oven.
2. Place herb-crusted roast onto an elevated wire rack.
3. Roast for 30-45 minutes for a 1kg roast.
4. For larger roasts, be sure to cover with aluminium foil if the herb crust is getting too dark.



### HERB - CRUSTED LAMB RACKS

1. Preheat oven to 170°C.
2. Place lamb rack herb crust side up on an elevated wire mesh.
3. Roast lamb rack for 30-35 minutes or until internal temperature is 56°C.



## ROULADES



### BEEF ROULADE

1. Ensure roulade is brought to room temperature before cooking, approximately 30mins to an hour.
2. Pre-heat oven to 180°C.
3. Roast roulade for 35-45 minutes, or until internal temperature is 56°C.



### TURKEY ROULADE

1. Ensure roulade is brought up to room temperature before cooking, approximately 30mins to an hour.
2. Pre-heat oven to 180°C.
3. Roast roulade for 25-35 minutes, or until internal temperature is 64°C.

## WELLINGTON

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### WELLIES

1. Remove wellington from the chiller at least 15 min before cooking, otherwise the center may be cold after cooking. The pastry should still be cool to the touch to maintain its form.
2. Prepare an egg wash for the pastry: beat 2 eggs with a splash of full cream milk.
3. Place wellington on a wire rack and brush egg wash generously on the pastry surface for an even golden brown colour. Allow first layer to dry slightly for 5-10 min then apply a second layer of egg wash.
4. Season pastry with some salt.
5. Roast in a pre-heated oven at 170°C for 25-35 minutes.

## PINWHEEL

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### DUCKEN PINWHEELS

1. Heat up oil in your preferred pan, medium heat.
2. Sear pinwheels on each side for 3-5 minutes, or until nicely caramelised.
3. With a skewer, prick the sausage. If the juices run clear, it is done.
4. Allow to rest, covered, for 5 minutes before cutting in.



### WREATH



### CHRISTMAS STUFFING

1. Prepare an egg wash for the pastry: beat 2 eggs with a splash of full cream milk.
2. Brush generously on the pastry surface for an even golden brown colour.
3. Roast in a 170°C oven for 20-25 minutes.
4. Serve with the cranberry dip in the centre.

1. Prepare an egg wash: beat 2 eggs with a splash of full cream milk.
2. Apply generously onto surface of stuffing.
3. Bake in a 170°C oven for 20-25 minutes or until surface is golden brown delicious.