



**YOUR MEATY
GUIDE TO
COOKING FOR
THE HOLIDAYS.**

THE  MEATERY



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.

THAWING

- Remove items from the refrigerator well in advance before cooking, allowing them to come up to room temperature.
- For frozen items, leave them to thaw overnight in its packaging in the chiller with a tray underneath. For frozen turkeys, this could take 2-3 days.
- 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.

ROASTING

- 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.

CARVING

- 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.



ROASTS

INTERNAL MEAT TEMPERATURE RANGES FOR RED MEAT

- Medium-rare - 52 to 57°C (recommended)
- Medium - 58 to 60°C
- Medium-well - 61 to 65°C
- Well-done - above 65°C



FINISHING OFF YOUR SOUS-VIDE(D) MEAT

First, remove meat from the refrigerator at least an hour before cooking to let it come to room temperature (while still in its packaging). The bigger the roast, the longer you should leave it out. For steaks, this could be at least 30 minutes while a roast could be 45 minutes - an hour.

For steaks:

1. Get your pan hot on the stove.
2. Pat steak dry using kitchen towel for a better sear.
3. Once the pan is sufficiently hot, sear steak on the pan for 15-20 seconds each side, followed by a quick baste of melted butter and aromatics (garlic / rosemary/ etc).
4. Let it rest for a bout 2 minutes while covered before cutting in.

For roasts:

1. Pre-heat your oven to 220°C (or the highest temp) for about 10 minutes.
2. Pat the surface of the meat dry with a kitchen towel for a better sear. Brush/spray on a little oil on the surface.
3. Sear the roast in the oven for around 7-10 minutes, or until deep brown in colour. Check in between and rotate the roast for an even sear.



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 40-45 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. **Refer to the internal temperature ranges on page 3.**

Approximate cooking time:

- Single bone-in - approximately 40-45 mins
- Two-bone roasts - approximately 1hr 15mins - 1hr 20mins
- Three-bone roasts - approximately 1hr 40mins - 1hr 50mins

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 40-45 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 on page 3.**

Reheating pre-cooked, frozen roast:

1. Take roast from the chiller and let it sit out until it reaches room temperature before reheating (at least 45minutes - 1 hour. The bigger your roast, the longer it should be out).
2. Preheat oven to 180°C for approx. 10 min.
3. Wrap the roast loosely in aluminium foil and place in the pre-heated oven. Lower temperature to 160°C and heat it for approx. 15 to 30 min or until the internal temperature hits the desired doneness.
4. Let it stand for 10 min. before carving and serving immediately.

HERB-CRUSTED BEEF ROAST

1. Pre-heat 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 40-45 minutes for a 1kg roast.
4. For larger roasts, be sure to cover with aluminium foil if the herb crust is getting too dark. **Refer to the internal temperature ranges on page 3.**

**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 on page 3.**
- **Refer to page 5 for pre-cooked roasts.**

**BONELESS
LAMB
LEG/
SHOULDER
ROAST**

- Pre-heat 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 on page 3.**
- **Refer to page 5 for pre-cooked roasts.**

**LAMB RACK
ROAST**

- Pre-heat oven to 200 °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 on page 3.**

**HERB-CRUSTED
LAMB RACKS**

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

ROULADES

1. Ensure roulade is brought to room temperature before cooking, approximately 30mins to an hour.
2. Pre-heat oven to 180°C.
3. Use the herb-crust provided to top up the crust after you remove it from the packaging.
4. Roast roulade for 35-45 minutes, or until internal temperature is 56°C.
5. Turkey roulades may come in a netting. Do not remove this netting until after roasting to preserve its shape.
6. **Refer to the internal temperature ranges on page 3.**

TURKEY ROAST



Based on a 5kg turkey:

1. Remove the thawed turkey from the refrigerator to bring to room temperature (about 2 hours). 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 30 minutes before carving.

Reheating pre-cooked, frozen Turkey:

1. Place frozen Turkey overnight in chiller
2. Remove it from chiller at least 1 hour before re-heating.
3. Preheat the oven to 180°C for about 10 minutes.
4. Place your fully cooked turkey on a rack in a roasting pan. Add 2 cups of a liquid (water or broth) into the base pan and cover with foil.
5. Place the bird in the oven. Lower the temperature to 165°C and reheat for 50mins or until internal temperature is 75°C.
6. Remove foil for the last 15 minutes of the baking for a nice golden color.

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 chook 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.

Reheating pre-cooked, frozen chicken:

Follow the turkey instructions above, but reduce the oven time to 15-20 minutes, checking the internal temperature towards the last five minutes.

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.

**RECOMMENDED INTERNAL TEMPERATURE
FOR POULTRY (CHICKEN, DUCK, TURKEY)**

74°C

PASTRIES



WELLINGTON



1. Place the frozen wellington in the chiller (still in its packaging) to defrost overnight. Do not put outside to defrost as the puff pastry will be too soft.
2. Remove wellington from the chiller at least 20-30 min before cooking, otherwise the center may be cold after cooking. The pastry should still be cool to the touch to maintain its form.
3. Prepare an egg wash for the pastry.
4. 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.
5. Season pastry with some salt.
6. Roast in a pre-heated oven at 170°C for 25-35 minutes.

Reheating pre-cooked, frozen Wellington:

1. Remove the Roast Beef Wellington from refrigerator and let it sit until it reaches room temperature before reheating (at least an hour).
2. Preheat oven to 200°C for 10 min.
3. Place Beef Wellington in the pre-heated oven and heat it for approximately 10 min or until the internal temperature reaches 170°C.

SAUSAGE WREATH



1. Place in chiller overnight to defrost.
2. Prepare an egg wash for the pastry.
3. Brush generously on the pastry surface for an even golden brown colour.
4. Roast in a 170°C oven for 20-25 minutes.
5. Serve with the cranberry dip in the centre.



SIDES

SAUSAGES

SAUSAGES



1. Defrost the sausages and let them come up to room temperature.
2. Heat up a pan on medium high heat, and coat it with a high smoke point cooking oil.
3. Once the oil starts to smoke, place the sausages on the pan, and cook them for 2.5 minutes each side or until the juices from it run clear.
4. Rest it for 2-3 minutes before slicing.

MASHED POTATOES

MASHED POTATOES



Using a microwave:

1. From frozen, uncover the mashed potatoes slightly and pop them in the microwave.
2. Set the microwave to run at its highest microwave setting for 5-6 mins.
3. Your mashed potatoes are ready to serve.

On the stove:

1. Pop the frozen mash in a pot or pan and turn on the heat to medium low.
2. Let it slowly heat up, and stir occasionally when thawed out enough in order to prevent it from burning.
3. Add a splash of milk till it achieves your desired consistency.