

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Roast Turkey

Remove the turkey from the fridge 1 hour before cooking. Preheat the oven to 180°C/350°F. Check the main cavity and remove the giblets, these may be used to make your gravy. Weigh the turkey. If you have bought a top-quality bird you will need to cook this for 25-30 minutes per kilo, a standard bird for 35-40 minutes per kilo.

If you are **stuffing** the bird, stuff into the neck end of the turkey. Draw the skin flap down to cover the stuffing and secure with a skewer. Any extra stuffing can be cooked separately in the oven.

Using the back of your hand, gently ease the turkey skin away from the breast meat taking care not to tear the skin. Smooth **150 grms of butter** over the breast and under the skin. Rub a further **20g butter** over the skin on the breast. Cover the breast with **12 rashes of streaky bacon**. This helps to keep the bird moist. Stuff the turkey cavity with a **carrot, onion, fresh parsley and thyme** and a **lemon** cut in half.

Peel two **onions, two carrots**, roughly chop with **2 sticks of celery and some parsley sprigs**. Place in a large roasting tin alongside a **clementine** (cut in half) and the giblets (except the liver). Pour in 290ml of water. Place the turkey on top. Season the bird with salt and pepper. Cover the bird with foil and roast in the oven for the calculated time. Check the turkey after 1½ hours; if the liquid has evaporated add more water. The turkey should be brown under the foil. If it is pale remove the foil and cook for a final 30 minutes. To check if the bird is cooked pierce the thickest part of the thigh, the juices should run clear. Using a thermometer for a top-quality bird it should measure 65°C for a standard bird 70°C. Cover with a double layer of foil and leave to rest for up to 2 hours whilst you cook the potatoes and attend to your gravy and vegetables.

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Roast Potatoes

Preheat oven to 180°C/350°C.

2.5kg floury potatoes (Maris Piper or King Edwards are best)

250g goose or duck fat or rapeseed oil

Salt

Method

Peel the potatoes. Cut into even sized chunks. Place in a saucepan and par boil for 10-15 minutes until soft on the outside but slightly resistant on the inside. Drain in a colander and leave to steam dry. Give the colander a few light shakes to roughen the edges of the potatoes.

Place the goose fat or oil in a large roasting tin. Place in the oven for about 5 minutes then remove. Tip in the potatoes and toss to coat in the fat. Season with salt. Roast in the oven for $\frac{3}{4}$ hour then give the roasting tin a good shake to move the potatoes around a bit. Replace back into the oven and cook for a further $\frac{3}{4}$ hour or until crisp and golden. Drain off the excess fat and place in a serving bowl. Keep warm.

Honey glazed carrots

1.2kg carrots

Lemon juice

4 tbsp honey

Salt and black pepper

40g butter

Method

Bring a pan of salted water to the boil. Cook the carrots until just al dente.

Drain and add the honey and butter to the empty pan. Melt the butter and then return the carrots to the pan and baste with the honey/butter glaze.

Add the lemon juice to taste and season with salt and pepper.

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Red Cabbage

- 20g butter
- 2 small red onions, thinly sliced
- 800g red cabbage, finely shredded
- ½ tsp ground all spice
- 2 oranges, juice and two strips of orange peel
- 6 tsp light muscovado sugar
- 6 tbsp dried cranberries
- 1 chopped eating apple, peeled
- Salt and black pepper to taste

Method

Melt the butter in a large saucepan and sauté the onions until lightly golden. Add the spice and cook for a further minute before adding the red cabbage.

Pour in the orange juice along with the sugar, dried cranberries, apple and orange peel.

Cook gently for 30-40 minutes stirring now and again until the cabbage is softened adding a little water if necessary. Season with salt and pepper.