



HUGH PHILLIPS
GOWER BUTCHER



Free guide to
seasonal meats
& delicious
Christmas
recipes





Farm Fresh Pembrokeshire “Hollyberry” Turkeys.

Introduction

When it comes to the good old Christmas Dinner, **turkey** remains the star of the show remaining the most popular choice among the British public. What you may not know is that turkeys only arrived on our plates during the 16th century brought back by explorers from America. Before this time, the traditional roast was a Christmas Goose.

Though turkey remains number one of the Christmas roasts, more and more people are opting for more than one meat for the festive family dinner; with others replacing turkey with alternative joints like **rib of beef** or **leg of pork**.

Whichever Christmas roast is your favourite, there are many great ways to cook them to get the best flavour possible; and there is a wealth of popular, seasonal accompaniments in the traditional British menu that taste great with any roast, like **pigs in blankets** or tasty **stuffing balls**.

At Hugh Phillips Gower Butcher, we are offering our shop and online customers a choice of seasonal roasts and other meats to make your Christmas dinner (or other festive fun) extra special.

We're also offering a range of Christmas hampers, like this **turkey hamper**, that make great gifts for your loved ones.



Christmas Hampers



Leg of Pork

Our range of Christmas meats for 2018



Farm Fresh
Pembrokeshire
'HollyBerry' Turkeys



Free Range
'Gressingham' Geese



Free Range
'Gressingham' Ducks



Large Farm Assured
Chickens



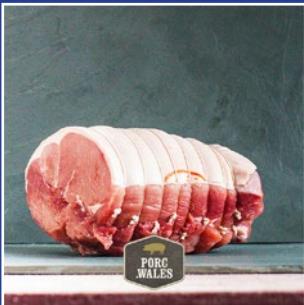
21 day aged Welsh ribs of
grass fed beef



Legs of Welsh Lamb



Boned and rolled legs of
Welsh Pork



Dry Cured Gammon

How to Roast Your Pembrokeshire Turkey

Here's everything you need to know to make sure this year's Christmas turkey is the tastiest yet (**courtesy of the BBC's Good Food Guide**).

Pembrokeshire roast turkey - What size to buy

2-2.5kg serves 4-6
3kg serves 6-7
3.5kg serves 7-8
4-4.5kg serves 8-10
5-5.5kg serves 10-12
6-6.5kg serves 12-15



A good roasting

Be a sea of calm among the Christmas Day chaos by getting your timings spot on. The BBC Good Food site has a roast calculator ([click here](#)) that will generate a cook time according to the weight of your bird and oven type, plus has plenty of tips for testing whether it's fully cooked throughout.

The best way to tell if your turkey is cooked is by using a digital cooking thermometer. When cooked, turkey thighs should read 80C, breasts 75C. Always double-check by sticking the probe in several different spots within the thigh or breast, to find

the lowest reading. If returning to the oven, allow 10-15 minutes, then test again until the correct temperature is reached.

Without a thermometer, the classic way to test is to push a spoon under the turkey leg so that it pierces the skin (or use a skewer), and inspect the juices that collect in the spoon. The juices should be pale gold and clear; if there are traces of blood, return to the oven as above.

Resting time

It is essential to rest your turkey for 30-45 minutes before carving (the temperature will continue to rise, but there's no need to test). Put the bird in a warm place, tented with foil. It won't get cold – but it will become juicier, and easier to carve. Check out our recommended recipe for roast turkey on the next page.



Simple Perfect Christmas Turkey Recipe with Giblet Gravy

Method – Serves 24

Preparation: 30mins

Cooking time: 4 hours

Extra time: 30mins

Ready in: 5 hours

Preheat oven to 170 C / Gas mark 3. Place rack in the lowest position of the oven.

Remove the turkey neck and giblets, if included, and pat dry with kitchen roll. Place the turkey, breast side up, on a rack in the roasting tin. Loosely fill the body cavity with stuffing. Rub the skin with the softened butter, and season with salt and pepper. Position an aluminium foil tent over the turkey.

Place turkey in the oven, and pour 1/3 of the turkey stock into the bottom of the roasting tin. Baste all over every 30 minutes with the juices

on the bottom of the tin. Whenever the dripping evaporates, add stock to moisten, about 250ml to 500ml at a time. Remove aluminium foil after 2 1/2 hours. Roast until a meat thermometer inserted in the meaty part of the thigh reads 74 degrees C, about 3.5-4 hours.

Transfer the turkey to a large serving platter, and let it stand for at least 20 to 30 minutes before carving.

Giblet Gravy – Serves 12

Heat turkey dripping in a large frying pan over medium heat; gradually add flour and stir until golden brown. Slowly whisk in turkey stock until blended and smooth. Stir in giblets, and season with sage, pepper and salt. Bring to the boil, reduce heat, and simmer for 8 to 10 minutes, or until thickened.

Source: [All Recipes](#)

Ingredients

1 large whole Pembrokeshire turkey
1.5kg prepared stuffing
125g unsalted butter, softened
salt and freshly ground black pepper to taste
1.5L turkey stock

Giblet Gravy

6 tablespoons turkey dripping
6 tablespoons plain flour
1.2 l turkey stock
8 tablespoons chopped and cooked turkey giblets
1 tablespoon chopped fresh sage
1 teaspoon ground black pepper
salt to taste



Ingredients

4·5½ kg fresh goose
4 lemons
3 limes
1 tsp Chinese five-spice powder
small handful each of parsley sprigs, thyme and sage,
plus extra for garnishing
a little olive oil, for browning,
optional
3 tbsp clear honey
1 tbsp thyme leaf

Gordon Ramsey's Christmas Roast Goose

Method – Serves 6

Preparation 30 mins

Cooking time: 1 hr 20 mins

Calculate the cooking time. If the goose is ready-trussed, then loosen the string and pull out the legs and wings a little – this helps the bird cook better. Check the inside of the bird and remove any giblets or pads of fat. Using the tip of a sharp knife, lightly score the breast and leg skin in a criss-cross. This helps the fat to render down more quickly during roasting.

Grate the zest from the lemons and limes. Mix with 2 tsp fine sea salt, the five-spice powder and pepper to taste. Season the cavity of the goose generously with salt, then rub the citrus mix well into the skin and sprinkle some inside the cavity.

Stuff the zested fruit and the herb sprigs inside the bird and set aside for at least 15 mins. Can be done up to a day ahead and kept refrigerated.

Heat oven to 240C/fan 220C/gas 9. If you want to give the bird a nice golden skin, brown in a large frying pan (or a heavy-based roasting tin), using a couple of tbsp of oil. Holding the bird by the legs (you may like to use an oven glove), press it down on the breasts to brown.

Once browned, place the bird in the roasting tin. Drizzle with the honey and sprinkle with thyme leaves. Roast for the calculated time, turning the heat down after 10 mins to 190C/fan 170C/gas 5. Cover the goose with foil if it is starting to brown too much.

Every 30 mins or so, baste the bird with the pan juices, then pour off the fat through a sieve into a large heatproof bowl. You will end up with at least a litre of luscious fat – save this for the potatoes and other veg. At the end of the cooking time, leave to rest for at least 30 mins, covered loosely with foil. The bird will not go cold, but will be moist and much easier to carve.



The Perfect Christmas Roast Chicken

Method – Serves 4

Preparation: 15 mins

Cooking time: 90 mins

Preheat the oven to 200C/400F/Gas 6.

Place the chicken, breast up, in a deep roasting tin. Massage the softened butter all over the chicken breasts, legs and sides.

Tuck the half of the garlic into the chicken cavity and sprinkle all over with sea salt.

Toss the remaining garlic into the roasting tin and place into the preheated oven and cook for 1 hr 30 minutes.

Remove the chicken from the tin and wrap tightly in aluminium foil and leave the bird to rest for 15 minutes. Put the roasting tin over a medium

heat on the stove top and bring the chicken juices up to a gentle simmer. Slowly raise the heat to high and add the white wine.

Stir the wine and juices thoroughly with a wooden spoon and simmer for 5 minutes. Add the chicken or vegetable stock, stir again, lower the heat and simmer until reduced by one-third.

Unwrap the chicken and add any juices released by the chicken into the sauce and bring back to the boil. Remove the sauce from the heat and strain through a fine sieve into a warmed gravy boat or jug.

Put the chicken onto a carving platter, surround with roasted vegetables. Serve the chicken immediately with the sauce on the side.

Source: [The Spruce](#)

1.5 kg (3 ½lb) farm assured chicken
110g (4oz) butter, softened
Sea salt
1 bulb garlic, skin on and halved
across the bulb
100ml (3½ fl oz) dry white wine
200ml (1 cup) chicken or
vegetable stock



Ingredients

1 x 2 rib joints of Welsh grass fed beef
Salt and freshly ground black pepper
1 large onion, unpeeled but thickly sliced

For good gravy

3 tbsps fat from the beef 1 good
tbsp plain flour 75ml port
500ml beef stock
A dash of Worcestershire sauce
A little gravy browning

Mary Berry's Prime Rib of Christmas Beef

Method – Serves 8

Preparation: 20 minutes plus 20 minutes resting, plus chilling time for gravy.
Cooking time: 15 minutes then as per roasting chart below.

Preheat the oven to 220 C/425 F/Gas 7.

Sprinkle the beef fat with salt and pepper. Stand on its end in a roasting tin just large enough for the joint on a bed of thick slices of unpeeled onion (the onion skin gives colour to the juices). If using a meat thermometer, insert into the meat in the thickest part.

Transfer to the centre of the preheated oven for 15 minutes, then lower the temperature to 180°C/350°F/Gas Mark 4. Roast as per the chart opposite, basting from time to time.

When the meat is done, check the thermometer (if using).

Lift out of the tin, loosely cover with foil and leave to rest in a warm place for about 20

minutes before carving. Discard the onion, squeezing any juices into the tin.

Meanwhile, make the gravy. Skim off 3 good tablespoons of fat from the roasting tin and reserve. Pour juices into a bowl and put in the fridge to allow the fat to rise to the top. Return the reserved fat to the tin, measure in the flour and whisk over heat.

Add the port and stock, then the Worcestershire sauce. Remove fat from the bowl in the fridge. Add juices to the tin with a little gravy browning and whisk until bubbling. Carve beef from the bone, down across the grain to serve.

ROASTING CHART

Beef	Oven temperature	Time
Rare	180C/350F/Gas Mark 4.	15 mins per 450g.
Medium	180C/350F/Gas Mark 4.	20 mins per 450g.
Well-done	180C/350F/Gas Mark 4.	25 mins per 450g.

Individual ovens do vary, and these times are only a guide. A meat thermometer is the best way to ensure a properly cooked roast.



Ingredients

4 cloves garlic, sliced
fresh rosemary sprigs
salt and freshly ground black pepper to taste
1 (2 to 3kg) whole leg of Welsh lamb

Leg of Christmas Welsh Lamb with Garlic and Rosemary

Method – Serves 12

Preparation :10mins

Cooking time:1 hr 20mins

Cut slits in the top of the leg of lamb every few inches, deep enough to push slices of garlic down into the meat. Salt and pepper generously all over the top of lamb, place several sprigs of fresh rosemary under and on top of the lamb.

Roast at 180 C / Gas mark 4, until the lamb is cooked to medium well. Do not overcook; the flavour is best if meat is still slightly pink.

Tip:

As a rule, roast a leg of lamb for 15 minutes per 500g (1 1/4 lb), plus 10 minutes more. Allow it to rest for a good 15 minutes before serving to ensure the juices redistribute, making a perfect roast.

Shortcut:

Pushing sliced garlic into a leg of lamb can be time consuming. Make this recipe even easier by chopping the garlic and sprinkling it over the lamb along with the rosemary leaves, salt and pepper.

Source: [All Recipes](#)



Ingredients

2.25 kg Leg of Pork (boned and rolled)
1 small onion peeled
1 tablespoon of plain flour
275 ml of dry cider
275 ml of vegetable stock (or potato water)
Maldon salt and freshly milled black pepper

Delia's Festive Leg of Pork with Cider Gravy

Method – Serves 8

While the oven is pre-heating, score the skin of the pork.

If it's scored already, it's still best to add a few more lines. To do this you can use the point of a very sharp paring knife, or Stanley knife, or you can now even buy a special scalpel from a good quality kitchen shop!

What you need to do is score the skin all over into thin strips, bringing the blade of the knife about halfway through the fat beneath the skin. Now place the pork in a tin, skin-side up, halve the onion and wedge the two pieces in slightly underneath the meat. Now take about 1 tablespoon of crushed salt crystals and sprinkle it evenly over the skin, pressing it in as much as you can.

Then place the pork on a high shelf in the oven and roast the joint for 25 minutes. After that turn the heat down to gas mark 5, 375 F (190 C) and calculate the cooking time, allowing 35 minutes to the pound. In this case it would be 2 1/2 hours. There's no need to baste pork as there's enough fat to keep the meat moist. The way to tell if the meat

is cooked is to insert a skewer in the thickest part and the juices that run out should be absolutely clear without any trace of pinkness. When the pork is cooked, remove it from the oven and give it at least 30 minutes' resting time before carving.

While that is happening, tilt the tin and spoon all the fat off, leaving only the juices. The onion will probably be black and charred, which gives the gravy a lovely rich colour. Leave the onion in, then place the roasting tin over direct heat, turned to low, sprinkle in the flour and quickly work it into the juices with a wooden spoon.

Now turn the heat up to medium and gradually add the cider and the stock, this time using a balloon whisk until it comes up to simmering point and you have a smooth rich gravy. Taste and season with salt and pepper, then discard the onion and pour the gravy into a warmed serving jug.

Serve the pork carved into slices, giving everyone some crackling.

Source: [Delia Online](#)



Ingredients

2kg cured Gammon joint
2 litres apple juice
2-3 litres cider
1 leek
2 celery stalks
2 bay leaves
1 onion
2tsp black peppercorns
4tbsps marmalade
3tbsps soft brown sugar
10 garlic cloves

Method – Serves 8-10

Put a 2kg boned cured gammon joint in a large pan with 2 litres apple juice, 2-3 litres cider and enough water to cover.

Add 1 trimmed and coarsely sliced leek, 2 coarsely sliced celery stalks, 2 bay leaves, 1 peeled and chopped onion and 2 tsps black peppercorns and bring to the boil.

Skim off any scum.

Cover the pan with a lid and simmer for 2 hrs, until the ham is tender.

Drain the ham and discard the vegetables and other flavourings. Set aside.

Preheat the oven to 200°C/400°F/ Gas Mark 6. Mix together 4 tbsps marmalade and 3 tbsps soft brown sugar to form a paste. Remove the skin from the ham and score the fat.

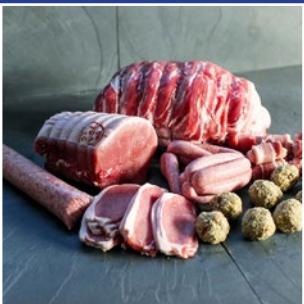
Spread on the marmalade mixture, then stud with 10 cloves and roast for 45 mins, until golden and glistening.

Source: [Good to Know](#)

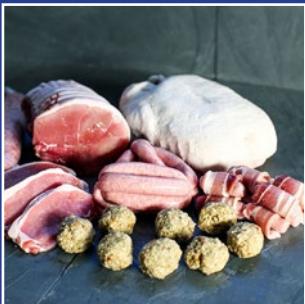
Hampers & Seasonal Favourites 2018



Turkey Hampers



Turkey Crown Hampers



Duck Hampers



Geese Hampers



Pigs in Blankets



Sage & Onion Stuffing
Balls



Sausage Meat

To see our full range of Christmas joints, hampers and accompaniments, [visit our website](#) or our shop in Swansea Market.



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