



KEEP MUNCHING IN THE CRUNCH!

Pockets may be a little tighter this year, but the infamous 'credit crunch' is no reason to stop enjoying all of your favourite food. A little turkey can go a long way - we've come up with some delicious recipes, using simple kitchen cupboard ingredients, for you to try out using your turkey leftovers after the big day. You'll be dining on tasty meals AND saving those pennies!

For more tips on surviving Christmas in the credit crunch, visit www.bernardmatthewsfarms.com. Christmas website goes live mid November 2008.

For more information or high res visuals please contact Sana Van Dal - sana@dsapr.co.uk or Kate Carthew - kate@dsapr.co.uk, tel: 020 7553 3700

Sweet & Sour Turkey



Serves: 3-4

Preparation time: 15mins

Calories per serving (kcal): 311

Fat per serving (grams): 2.1

Ingredients

500g Golden Norfolk Turkey, diced

2 tblsp oil

1 large onion, sliced

120g carrots, thinly sliced julienne size

300ml chicken stock

300ml water + pineapple juice

25g brown sugar

1tblsp soy sauce

1 tblsp vinegar

1 tblsp tomato puree

½ tsp dry mustard

200g pineapple chunks

2 tsp cornflour

seasoning

1. Heat the oil and fry the onions and carrots. Add the stock and pineapple juice.
2. Add the sugar, soy sauce, vinegar, tomato puree, mustard and seasoning. Simmer for about 20 minutes.
3. Add the pineapple pieces and turkey. Thicken with blended cornflour and serve with rice.

Thai Style Turkey Bites



Serves: 10

Preparation time: 15mins

Calories per serving (kcal): 80

Fat per serving (grams): 3.8

Ingredients

225g of Golden Norfolk Turkey

2 shallots, chopped

1 clove garlic, halved

1tsp Thai red curry paste (more if you like a hotter taste)

1 stalk lemon grass, outer leaves removed, chopped (optional)

Handful fresh coriander and basil

Juice of 1½ limes

Olive oil for pan-frying

3 eggs

Coriander leaves, to garnish

Sweet chilli sauce, to serve

Salt & Pepper for seasoning

These can be made ahead of time & just refrigerate and reheat when needed.

1. In a food processor, add turkey and whizz until well minced. Add shallots, garlic, curry paste, lemon grass (if using), herbs and lime juice. Whizz the mixture until quite fine and combined. Add eggs and mix thoroughly, then season well with salt and black pepper, and whizz again. Transfer to a bowl.

2. In a large heavy-based frying pan, heat a little oil, then scoop up a dessert spoonful of turkey mixture and place in to the pan. Do this in batches and cook for 2 mins on each side until browned, then cook for a further 4-5 mins.

3. Garnish with coriander and serve with sweet chilli sauce dip.

Nb: For calories and fat figures, 1 bite = 1 serving

Turkey Risotto



Serves: 3-4

Preparation time: 25mins

Calories per serving (kcal): 491

Fat per serving (grams): 9.9

Ingredients

500g Golden Norfolk Free Range Turkey

200g broccoli florets, cut into small pieces

100g carrots, cut into small julienne strips

100g red pepper, cut into small julienne strips

2 tblsp oil

1 onion, chopped

200g short grain rice

600ml chicken stock

1tsp garlic puree

100g grated cheddar cheese

seasoning

1. Blanch broccoli florets, carrots and red peppers in boiling water for 2 minutes.
2. Fry onions in oil until soft, then add the rice and stir-fry for 2 minutes.
3. Add stock and bring to the boil.
4. Simmer for 20- 25 minutes until rice is cooked and mixture is creamy.
5. Add garlic puree and cheese and stir well. Stir in cooked turkey meat and seasoning.
6. Gently fold in the cooked vegetables and serve.

Turkey Soup with Vegetable & Herbs



Serves: 4

Preparation time: 15mins

Calories per serving (kcal): 360

Fat per serving (grams): 3.5

Ingredients

500g Golden Norfolk Herb Basted Turkey

25g butter

1 large carrot, peeled and sliced

1 onion diced

1 leek sliced

1 celery stick sliced

50ml white wine

1 litre chicken stock

2 tsp dried thyme

100g lentils

seasoning

1. Melt butter in a large saucepan. Add onion, carrot, leek and celery. Cook for a few minutes until golden.
2. Stir in the wine and chicken stock. Bring to the boil. Lower heat and simmer for about 30 minutes.
3. Add the lentils and thyme and cook for a further 30 minutes until tender, stirring occasionally.
4. Add the turkey and seasoning to taste. Heat through and serve.