



## **A HEALTHY, HAPPY CHRISTMAS WITH BERNARD MATTHEWS FARMS**

Recipes from Dr Carrie Ruxton, an independent nutritionist who regularly contributes to national newspapers and women's magazines.

### **Light Traditional Roast**

SERVES 4-6

Enjoy a lighter touch with our reduced fat recipe which delivers all the flavour and juiciness you would expect from a traditional Christmas roast.

#### *What you need for the turkey:*

10-12lb (4.5-5.4kg) Turkey (e.g. Golden Norfolk Turkey, Golden Norfolk Free-range Turkey or Golden Norfolk herb-basted turkey)

A packet of turkey foil

8 oz (225g) lean back bacon

10-12 peeled shallots

Freshly ground black pepper

#### *To make the stuffing:*

1lb (450g) lean back bacon with fat removed cut into small pieces

4oz (110g) fresh wholemeal breadcrumbs

4oz (110g) chopped walnuts

1 large finely chopped onion

2oz (50g) chopped parsley

Freshly ground black pepper

1 large egg beaten

#### *Instructions:*

- Pre-heat oven to gas mark 7, 425°F, 220°C.
- Make stuffing by mixing all dry ingredients together and binding with the beaten egg
- Arrange two sheets of foil across a large baking tin, one across the other. Lay the turkey on the foil. Season with pepper
- Cut off any fat from the bacon slices and lay these across the turkey breast with the rashers overlapping. Place shallots around the turkey
- Wrap the turkey in the foil making a parcel with an airspace above the turkey. Ensure the corners are firmly sealed to retain moisture
- Cook the turkey at the above temperature for 3 – 3 ¼ hrs (depending on the weight of the turkey)
- Roast the stuffing separately as recommended by the Food Standards Agency ([www.food.gov.uk](http://www.food.gov.uk))

- Test readiness by piercing a leg with a skewer. The juices should run clear. Remove to a warm carving dish. The turkey can sit covered for up to 1 hour
- Cooked bacon can be discarded as its main purpose was to help retain moisture
- **Please note: for fan assisted ovens reduce the temperature to 200°C and the cooking time to 2 - 2 hrs 30.**

*Accompaniments:*

Serve the roast turkey with boiled potatoes in their skins or mashed with milk and chopped chives, and plenty of seasonal vegetables. Check what's in season by logging onto [www.iminseason.com](http://www.iminseason.com).

Traditional sprouts can be steamed or microwaved to maximise the vitamin content. As a change from carrots, serve roasted parsnips and whole baby beetroots or steamed shredded red cabbage.

Gravy should be made with stock cubes instead of the fat from the meat or try homemade cranberry Cumberland sauce and traditional bread sauce.

*For the cranberry Cumberland sauce:*

1 small jar cranberry relish/sauce  
 4 tablespoons port  
 1 heaped teaspoon of mustard powder  
 1 heaped teaspoon of ground ginger  
 Juice and thinly pared rind of 1 medium lemon

Put all ingredients in a saucepan and stir briskly over a low heat until the mixture melts and thickens. Can be served cold as a relish, or poured hot over slices of juicy turkey breast.

*For the bread sauce:*

3oz (75g) freshly made wholemeal breadcrumbs  
 1 medium onion, halved and studded with a dozen cloves  
 1 bay leaf  
 8 black peppercorns  
 15fl oz (425ml) skimmed milk  
 1oz (25g) olive oil spread  
 2 tablespoons reduced fat crème fraîche  
 Freshly ground black pepper

Begin making the sauce a few hours before the meal is served. Place the onion, bay leaf and peppercorns in a saucepan with the milk. Bring to the boil before removing from the heat and leaving covered for a couple of hours. When the meal is ready to serve, remove the onion, bayleaf and peppercorns and pour the milk into a microwave safe bowl. Add the breadcrumbs and half the olive oil spread. Microwave until the breadcrumbs are swollen and thickened. Before serving, stir in the remaining olive oil spread and the crème fraîche.

**Per portion (125g Golden Norfolk turkey, 50g stuffing, 20g cranberry sauce, 20g bread sauce):**

Energy	534 calories (27% GDA)
Fat	27 grams (39% GDA)

## Turkey Burgers

SERVES 4

Waste not want not with these healthy turkey burgers made with leftovers from the Christmas lunch. Serve with creamed curried parsnips and salad.

### *What you need:*

8oz (225g) leftover cooked turkey meat chopped into small pieces (a Golden Norfolk Herb Basted Turkey would be a tasty option)

2 medium carrots diced finely

4oz (110g) chopped mushrooms

3 medium-sized potatoes, parboiled and grated finely (or use up 4oz(110g) leftover boiled potatoes chopped)

3 to 4 sprigs of parsley chopped finely (it's easier to snip them with scissors in a plastic cup)

A handful of fresh sage and thyme (a pinch of dried herbs if not available)

1 large egg beaten

Freshly ground black pepper. Pinch of LoSalt

Mild curry powder

Jar of mango chutney

### *Instructions:*

- Stir all the ingredients, except the curry powder and mango chutney, in a bowl until well mixed
- Spoon out tablespoons of the mixture onto a plate. Then shape into balls and flatten into patties
- Shallow fry the patties in a large pan in groundnut or sesame seed oil
- Meanwhile, boil 4 large parsnips and cut into large pieces
- Cream these in a food processor or mash well. Then stir in a teaspoon of mild curry powder and 1 tablespoon of mango chutney. Season to taste with LoSalt and black pepper.

Serve with cous cous or brown rice and watercress salad.

### **Per portion (2 burgers based on the Golden Norfolk Herb Basted Turkey plus a serving of curried parsnips):**

Energy	207 calories (10% GDA)
Fat	6.2 grams (9% GDA)

## Light Christmas Canapé

SERVES 6

Liven up Christmas suppers with this simple, modern take on the traditional canapé. Delicious, low fat turkey slices served on squares of wholegrain toast with a cucumber and red pepper paté.

### *What you need:*

Thin slices of roasted turkey (a Golden Norfolk free-range turkey breast joint would be ideal)

4-6 slices of wholegrain bread, toasted

2lb (900g) red, green and yellow peppers

½ cucumber thinly sliced (put a few slices aside for decoration)

1 small onion chopped finely

1 tablespoon olive oil for frying

2 teaspoons cumin seeds, lightly crushed with a mortar and pestle

2 teaspoons mild chilli powder

5 garlic cloves finely chopped

5 level tablespoons tomato puree

LoSalt and freshly ground black pepper

### *Instructions:*

- Wash, de-seed and chop the peppers into thin strips
- Add crushed cumin to a large saucepan over a low to medium heat and stir well to release the flavour
- Add the olive oil to the pan
- Stir in the peppers, onion, cucumber, garlic and chilli powder
- Cook for about a minute, stirring all the time to mix the ingredients well
- Then cover the pan and cook over a low heat for 30-40 minutes until the mixture resembles a paste. Stir occasionally to minimise sticking
- Remove lid, increase heat and stir in the tomato puree
- Continue to cook until all the liquid is absorbed
- Add LoSalt and black pepper to taste. Extra tomato puree can be added if required
- Then toast the wholegrain bread and remove the crusts
- Cut into fours and use a knife to apply a generous smear of pate onto each piece. Then top with a slice of turkey meat and decorate with a sliver of cucumber.

### **Per 2 canapés (based on the Golden Norfolk free-range turkey breast joint):**

Energy	87 calories (4% GDA)
Fat	3 grams (4% GDA)

~ENDS~

For more information, high res visuals or samples please contact Sana Van Dal – [sana@dsapr.co.uk](mailto:sana@dsapr.co.uk) or Kate Carthew – [kate@dsapr.co.uk](mailto:kate@dsapr.co.uk), tel: 020 7553 3700