



**Embargoed until 00:01am Sunday 26<sup>th</sup> December 2010**

### **On the Seventh Day of Christmas, My Mum Served Dinner to Me**

*-New research out today shows yesterday's Christmas Dinner took an average of seven days, four hours and thirty minutes to create-*

Christmas dinners enjoyed by millions of families yesterday nationwide took an average of seven days, four hours and thirty minutes to prepare and cook.

According to new research by Bernard Matthews Farms, preparation for yesterday's festive feast started last Saturday. Exactly a quarter (25%) of those polled began looking up recipes, writing ingredients lists and ordering the turkey from 18<sup>th</sup> December, with preparations and cooking the feast taking another four hours thirty minutes during the build-up to tucking into the Christmas feast.

The survey of over 2,000 UK adults also found:

- Preparations before the big day took an average of one hour thirty minutes and included peeling and chopping vegetables, weighing and mixing ingredients and making the turkey stuffing
- The Christmas cook spent an average of three hours (50%) by the oven and in front of the stove on Christmas Day itself
- Responsibility for Christmas Dinner usually falls with women over-55 (52%)

Festive chefs spent an average of £41 –£60 to get the Christmas meal just right (24%), which would have been tucked-into by 5-6 people sat around the Christmas table together.

Charlie Papworth, of Bernard Matthews Farms, said: "Christmas dinners vary from household to household and our research shows that a lot of planning, preparation and cooking time goes into the festive feast - and the tasty results are usually worth the effort!

"If you're lucky enough to have leftovers, we have some exciting and delicious turkey recipe ideas such as rosti-topped turkey pie and turkey bubble and squeak patties. Log on to our website [www.bernardmatthewsfarms.com](http://www.bernardmatthewsfarms.com) and download your favourites."

**Ends**

**For further information please contact the Bernard Matthews Farms press office at  
Clarion Communications on 020 7479 0910 /  
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**Notes to Editors:**

\*Survey conducted with 2,002 British adults in December 2010 by Vision Critical

**RECIPE FOR ROSTI-TOPPED TURKEY PIE**

Makes 4

Cooking time 20 minutes

Calories per serving 440 kcal

Fat per serving 11.7g

**Ingredients**

- 500g diced cooked turkey
- 1 can condensed mushroom soup
- 1 can water
- 1 large onion sliced
- 2 sticks celery sliced
- 200g carrots sliced
- 200g green beans halved
- 500g potatoes
- 2 tbsp oil
- Salt & Pepper for seasoning

**Preparation and Cooking**

1. Preheat the oven to 200°C/400°F/Gas Mark 6
2. Fry the onion, celery, green beans and carrots in the oil until softened.
3. Add condensed soup and water and simmer for 10 minutes.
4. Add the cooked turkey and season.
5. Pour all of the mixture into a casserole dish.
6. Peel potatoes and grate coarsely. Spread over the turkey mixture and brush with a little oil.
7. Bake in the centre of the oven for about 30 minutes (40 - 50 minutes for a non-fan oven) until topping is golden. Serve immediately.