

J - Christmas Dinner - Roast Turkey

Roast Turkey, Potatoes, Vegetables, Stuffing, Pigs In Blankets, cranberry sauce & Gravy

Primary

Prep:

Cook:

Portions: 1

Portion weight: **308.00g**

Portion cost: **£1.26**

Pricing

Dish cost:	£1.26
Retail price inc VAT:	£1.25
Retail price exc VAT:	£1.25
Profit:	£-0.01
Calculated gross profit:	-0.80%

Ingredients

Item	Qty	Cost
J - Roast Turkey	70.00 g (70.00g)	£0.48
• Turkey Breast Boned and Rolled (<i>BRE-HDP</i>)	70.00g	
J - Gravy	30.00 g (30.00g)	£0.02
• Water (<i>WATER</i>)	27.91 ml	
• Gravy For Meat & Vegetarian Gluten Free - Knorr (<i>KNO-MEA</i>)	2.09g	
J - Savoy Cabbage	30.00 g (30.00g)	£0.07
• Cabbage Savoy (<i>CAB-AIR</i>)	30.00g	
J - Baton Carrots	30.00 g (30.00g)	£0.07
• Carrot Baton (<i>BAT-AJB</i>)	30.00g	
J - Roast Potatoes	100.00 g (100.00g)	£0.20
• Potatoes Peeled (<i>PEE-ZWF</i>)	97.94g	
• Oil Rapeseed - KTC (<i>RAP-EFI</i>)	2.04 ml	
• Sea salt Cornish - Cornish Sea Salt Co (<i>SEA-EIZ</i>)	0.08 pinch (0.3g)	
Stuffing	10.00 g (10.00g)	£0.04
• Stuffing Sage And Onion - Chef William (<i>SAG-SJN</i>)	10.00g	
Pigs In Blankets	28.00 g (28.00g)	£0.33
• Pigs In Blankets - Bonians (<i>PIG-BLA</i>)	28.00g	
Cranberry Sauce	10.00 g (10.00g)	£0.05
• Cranberry Sauce - Riverdene (<i>CRA-FEW</i>)	10.00g	

£1.26



Allergens

SO2 	(Pigs In Blankets - Bonians) (Potatoes Peeled) (Carrot Baton)
Soya 	(Pigs In Blankets - Bonians)
Wheat 	(Pigs In Blankets - Bonians) (Stuffing Sage And Onion - Chef William)

May contain

No allergens present

Nutrients	Portion	100g
Energy	360.17kcal	116.94kcal
Salt	1.01g	0.33g
Fat	11.93g	3.87g
Saturated fat	3.54g	1.15g
Carbohydrate	34.94g	11.35g
Sugar	7.72g	2.51g
Protein	30.53g	9.91g
Fibre	4.87g	1.58g

Adults need around 2000 kcal a day

Method

J - Gravy

Gravy

Primary

Gluten Free

Dairy Free

Prep:

Cook:

Portions: **10**

Portion weight: **53.75g**

Portion cost: **£0.03**

Ingredients

Item	Qty	Cost
Gravy For Meat & Vegetarian Gluten Free - Knorr (KNO-MEA)	37.50g	£0.33
Water (WATER)	500.00 ml	£0.00

£0.33



Allergens

No allergens present

May contain

No allergens present

Nutrients	Portion	100g
Energy	0.98kcal	1.81kcal
Salt	0.03g	0.05g
Fat	0.02g	0.03g
Saturated fat	0.00g	0.01g
Carbohydrate	0.21g	0.40g
Sugar	0.02g	0.04g
Protein	0.02g	0.03g
Fibre	0.02g	0.03g

Adults need around 2000 kcal a day

Method

Follow manufacturers instructions.

30g or 50g

J - Savoy Cabbage

Savoy Cabbage

Primary

Prep: 00:00

Cook: 00:00



Portions: 10 Portion weight: 30.00g Portion cost: £0.07

Ingredients

Item	Qty	Cost
Cabbage Savoy (CAB-AIR)	300.00g	£0.66

£0.66



Allergens

No allergens present

May contain

No allergens present

Nutrients	Portion	100g
Energy	8.10kcal	27.00kcal
Salt	0.01g	0.02g
Fat	0.06g	0.20g
Saturated fat	0.01g	0.04g
Carbohydrate	1.23g	4.10g
Sugar	1.23g	4.10g
Protein	0.72g	2.40g
Fibre	1.23g	4.10g

Adults need around 2000 kcal a day

Method

Savoy Cabbage

- Cook in a pan of boiling water or steamer for 4-5mins until tender.

Primary Portion =60g

or

Secondary Portion =80g

(For a single portion use 60g or 80g per portion for a dual vegetable portion (eg on roast day) use 30g or 40g per portion of each veg).

J - Baton Carrots

Primary

Prep: 00:00

Cook: 00:00



Portions: 10 Portion weight: 30.00g Portion cost: £0.07


Ingredients

Item	Qty	Cost
Carrot Baton (BAT-AJB)	300.00g	£0.72

£0.72



Allergens

SO2  (Carrot Baton)

May contain

No allergens present

Nutrients	Portion	100g
Energy	10.20kcal	34.00kcal
Salt	0.02g	0.07g
Fat	0.12g	0.40g
Saturated fat	0.03g	0.10g
Carbohydrate	2.31g	7.70g
Sugar	2.16g	7.20g
Protein	0.15g	0.50g
Fibre	1.17g	3.90g

Adults need around 2000 kcal a day

Method

1. Steam the veg in the steamer or boil in pan for 4-5 minutes until just cooked.

If using raw as carrot sticks please wash before serving.

Carrots

For a single portion use 60g per portion for a dual vegetable portion (eg on roast day) use 30g per portion of each veg.

60g or 80g

J - Roast Potatoes

Roast Potatoes

Primary

Gluten Free

Dairy Free

Prep: 00:00

Cook: 00:00



Portions: 10 Portion weight: 122.53g Portion cost: £0.25


Ingredients

Item	Qty	Cost
Potatoes Peeled (PEE-ZWF)	1200.00g	£2.42
Oil Rapeseed - KTC (RAP-EFI)	25.00 ml	£0.06
Sea salt Cornish - Cornish Sea Salt Co (SEA-EIZ)	1.00 pinch (0.3g)	£0.00

£2.48



Allergens

SO2  (Potatoes Peeled)

May contain

No allergens present

Nutrients	Portion	100g
Energy	120.88kcal	98.65kcal
Salt	0.04g	0.03g
Fat	2.62g	2.14g
Saturated fat	0.20g	0.16g
Carbohydrate	23.52g	19.20g
Sugar	1.08g	0.88g
Protein	2.28g	1.86g
Fibre	2.40g	1.96g

Adults need around 2000 kcal a day

Method

Primary Portion 120g raw weight

Secondary Portion 140g raw weight.

Allow for 20-25% loss during cooking so 120g raw potato = 90-100g of cooked potato.

Potatoes

- Rinse the potatoes and then drain.
- Place the potatoes on a lined tray and oil and season, using your hands to mix the potatoes and seasoning/oil so that the potatoes are all coated.
- Place in oven for around 50-60 minutes until they are golden brown and cooked through, turning half way through to ensure even cooking.

Alternatively

- Cut the potatoes into desired size.
- Place on lined baking tray and coat in the oil and salt.
- Place in the combi on the steam and oven setting for around an hour, again turning once or twice to ensure even cooking.

J - Roast Turkey

Primary

Dairy Free

Gluten Free



Prep: 00:00

Cook: 00:00

Portions: 10

Portion weight: 70.00g

Portion cost: £0.48

Ingredients

Item	Qty	Cost
Turkey Breast Boned and Rolled (BRE-HDP)	700.00g	£4.80

£4.80



Allergens

No allergens present

May contain

No allergens present

Nutrients	Portion	100g
Energy	107.10kcal	153.00kcal
Salt	0.09g	0.13g
Fat	1.40g	2.00g
Saturated fat	0.49g	0.70g
Carbohydrate	0.00g	0.00g
Sugar	0.00g	0.00g
Protein	23.59g	33.70g
Fibre	0.00g	0.00g

Adults need around 2000 kcal a day

Method

Preheat the oven to 200oC

1. Line a tray and place the turkey on it (it will need to be a tin not a lid as there is quite a lot of juice that comes out of the turkey)
2. Cover it tightly with foil and place in the oven to cook for around 1.5-2.5 hours depending on the size of the joint or until the core temperature reaches +82oC
3. Slice into correct portions 70g per portion.

Stuffing

Prep: 00:00 Cook: 00:00

Portions: 10 Portion weight: 10.00g Portion cost: £0.04




Ingredients

Item	Qty	Cost
Stuffing Sage And Onion - Chef William (SAG-S/N)	100.00g	£0.38

£0.38



Allergens

Wheat  (Stuffing Sage And Onion - Chef William)

May contain

No allergens present

Nutrients	Portion	100g
Energy	31.30kcal	313.00kcal
Salt	0.35g	3.55g
Fat	0.34g	3.41g
Saturated fat	0.04g	0.38g
Carbohydrate	7.23g	72.34g
Sugar	0.18g	1.77g
Protein	0.83g	8.26g
Fibre	0.34g	3.36g

Adults need around 2000 kcal a day

Method

Mix the stuffing with boiling water as per manufacture instructions

Pigs In Blankets

Prep: 00:00

Cook: 00:00

Portions: 10

Portion weight: 28.00g

Portion cost: £0.33



Ingredients

Item	Qty	Cost
Pigs In Blankets - Bonians (PIG-BLA)	280.00g	£3.28
		£3.28



Allergens

SO2  (Pigs In Blankets - Bonians)

Soya  (Pigs In Blankets - Bonians)

Wheat  (Pigs In Blankets - Bonians)

May contain

No allergens present

Nutrients	Portion	100g
Energy	89.88kcal	321.00kcal
Salt	0.48g	1.70g
Fat	7.84g	28.00g
Saturated fat	2.80g	10.00g
Carbohydrate	1.46g	5.20g
Sugar	0.36g	1.30g
Protein	3.36g	12.00g
Fibre	0.00g	0.00g

Adults need around 2000 kcal a day

Method

Pre Heat oven to 180C and bake for approx 20mins turning half way. Once cooked through and reaches a core temperature of +82C and golden serve alongside the meal.

Cranberry Sauce

Prep: 00:00 Cook: 00:00

Portions: 10 Portion weight: 10.00g Portion cost: £0.05



Ingredients

Item	Qty	Cost
Cranberry Sauce - Riverdene (CRA-FEW)	100.00g	£0.53
		£0.53



Allergens

No allergens present

May contain

No allergens present

Nutrients	Portion	100g
Energy	14.40kcal	144.00kcal
Salt	0.01g	0.12g
Fat	0.02g	0.20g
Saturated fat	0.00g	0.00g
Carbohydrate	3.40g	34.00g
Sugar	2.90g	29.00g
Protein	0.01g	0.10g
Fibre	0.16g	1.60g

Adults need around 2000 kcal a day

Method