

### How to cook your Christmas Poultry

How long to cook your Turkey

Remember some ovens, such as fan-assisted ovens, might cook the bird more quickly – check the manufacturer's handbook for your oven if you can. Always check that the meat is cooked thoroughly before serving. Always rinse your bird in cold water before cooking.

As a general guide, in an oven preheated to 180°C (350°F, Gas Mark 4): for a turkey under 4.5kg, allow 45 minutes per kg plus 20 minutes for a turkey weighing between 4.5kg and 6.5kg, allow 40 minutes per kg for a turkey over 6.5kg, allow 35 minutes per kg

How long to cook your Boneless Crown of Turkey

As a rule of thumb boneless crowns need

25 minutes per kg plus 20 minutes

**Tip:** Cover your turkey with foil during cooking and uncover for the last 30 minutes to brown the skin. To stop the meat drying out, baste it every hour during cooking. These cooking times are based on an unstuffed bird. It's better to cook your stuffing in a separate roasting tin, rather than inside the bird, so it will cook more easily and cooking guidelines will be more accurate. (If you cook your bird with the stuffing inside, you will need to allow extra time for the amount of stuffing and allow for the fact that it cooks more slowly. **Goose** should be cooked in a preheated oven at 220°C/425°F/Gas Mark 7 for 35 minutes per kg. **Duck** should be cooked in a preheated oven for 45 minutes per kg at 200°C/400°F/Gas Mark 6.

**Tip:** Pierce the skin before cooking and drain off the excess fat halfway through cooking for both goose and duck.

Remember these are only estimates and you should always check that the bird is properly cooked before serving by putting a skewer or similar instrument into the under part of the breast area and making sure the juices run clear.

### Suggested Turkey Sizes

#### How Big Does

#### Your Turkey need to be?

Number of Guests	Whole Turkey	B/less Crown
1-2		2-3 lbs
3-4		4-5 lbs
5-6	8-10 lbs	5-6 lbs
7-8	10-12 lbs	7-8 lbs
9-10	12-14 lbs	8-9 lbs
11-12	14-16 lbs	10-11 lbs
13-14	16-18 lbs	12-13 lbs
15-16	20-22 lbs	14-15 lbs

These weights are for guidance only. We cannot be responsible for how hungry your guests are!!

### Our Opening Hours over Christmas & New Year

Last day for ordering Wednesday 21st December

Mon 19th December	07.30 - 17.30
Tues 20th December	07.30 - 17.30
Weds 21st December	07.30 - 17.30
Thurs 22nd December	07.30 - 18.30
Friday 23rd December	07.30 - 18.30
Christmas Eve	07.30 - 13.00
Christmas Day	CLOSED
Boxing Day	CLOSED
Tues 27th December	CLOSED
Weds 28th December	07.30 - 16.30
Thurs 29th December	07.30 - 16.30
Friday 30th December	07.30 - 16.30
New Years Eve	07.30 - 14.30
New Years Day	CLOSED
Mon 2nd January	07.30 - 17.30

### Our contact details

Tel: 01527 872581

Tel: 01527 872164

If the office is busy the phone system will go to call attendant and give you the following options:

For Butchers Press 1 (ask for Glyn, Allan or Jon)  
 For Delicatessen Press 2 (ask for Den, Sarah or Tracy)  
 For Catering Butchers Press 3 (ask for Phil, or Jem)  
 For Ready Meals Press 4 (ask for Mick or Chris)  
 For Accounts Press 5 (ask for Jon or David)

Fax: 01527 576461

Email: [christmas@bannerfoods.co.uk](mailto:christmas@bannerfoods.co.uk)

Web: [www.bannerfoods.co.uk](http://www.bannerfoods.co.uk)



## Handy Guide to Christmas 2011



Banner Foods has been supplying the public of Bromsgrove and the surrounding areas with top quality, traditional Christmas food for over 100 years. Since 1906 infact!

This year is no different.

We try to supply local people with local produce whenever possible.

Our Turkeys come from a farm in Beoley just outside Redditch.

Choose from a barn reared turkey to a free range bronze turkey. Or you can choose the increasingly popular boneless turkey crown.

Our Cockerels, Geese and Ducks come from a supplier in Cheltenham.

Our Pork and Lamb comes from various farms in the Midlands.

Our Beef comes all the way from Orkney Because we believe it is the best money can buy.

Whatever you choose we guarantee the quality.

## Poultry

Each	p/lb	p/kg	Pork & Bacon	p/lb	p/kg
Fresh Hen Turkey (8-20lbs)	3.25	7.16	Leg of Pork (Boneless)	2.99	6.60
Fresh Hen Turkey (20lbs+)	2.75	6.06	Leg of Pork (On the Bone)	1.99	4.39
Free Range Turkey (12-14lbs)	4.95	10.91	Loin of Pork (Boneless)	3.49	7.69
Turkey Crown (Bone in Breast)	3.99	8.79	Loin of Pork (On the Bone)	2.99	6.60
Turkey Crown (Boneless Breast)	4.49	9.90	Streaky Bacon	2.95	6.50
Fresh Cockerel (8-11lbs)	3.25	7.16	Plain Back Bacon	3.12	6.89
Fresh Duckling (4-6lbs)	3.25	7.16	Smoked Back Bacon	3.53	7.79
Fresh Goose (9-15lbs)	5.49	12.10	Horseshoe Gammon Joint	2.99	6.60
Brace of Pheasant (per brace)	10.00		Gammon on the Bone	1.99	4.39

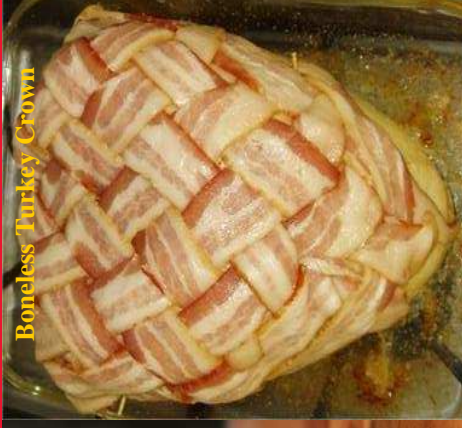
## Beef

	p/lb	p/kg	Sausages	p/lb	p/kg
Scottish Topside	5.49	12.10	Pork Sausages	3.11	6.85
Scottish Silverside	4.99	11.00	Pork Chippolatas	3.49	7.69
Scottish Rib of Beef	4.99	11.00	Pork & Chestnut Chippolatas	3.49	7.69
Scottish Sirloin (B/less)	12.50	27.55	Pork Sausage Meat	2.49	5.49
Scottish Fillet	14.97	32.99	Pork /Chestnut Sausage Meat	2.99	6.60
Scottish Rump	7.99	17.61	Flavoured Chippolatas	3.49	7.69

Free Range Hen Turkey



Boneless Turkey Crown



## Ham Joints

	p/lb	p/kg
Banners Ham Joints -1-2kg	4.49	9.90
Banners Half Ham - 2-3kg	3.99	8.79
Banners Whole Ham 4-5kg	3.75	8.27
Banner Ham on Bone 3-4kg	3.49	7.69
Banners Ham on Bone 4-6kg	2.99	6.60
Banners Honey Ham 1-2kg	4.49	9.90
Banners Honey Ham 2-5kg	3.99	8.79

Banners Pork Pies



## Pork/Festive Pies

	Each
1lb Banners Pork Pie	3.49
1.3lb Banners Pork Pie	4.49
3lb BannersPork Pie	8.95
1lb Game Pie	4.49
1lb Pork & Apple pie	2.99
2lb Pork & Apple pie	5.49
1lb Huntsman Pie (Turkey&Stuffing)	2.99
2lb Huntsman Pie (Turkey&Stuffing)	5.49
1lb Banners Turkey & Cranberry Pie	4.49
1lb Banners Turkey & Apricot Pie	4.49

## Quiche

	Small	Med	Lg
Cheese & Onion	3.49	5.49	7.49
Tomato & Onion	3.49	5.49	7.49
Bacon & Tomato	3.49	5.49	7.49
Bacon & Mushroom	3.49	5.49	7.49
Bacon & Peppers	3.49	5.49	7.49
Muchroom & Onion	3.49	5.49	7.49
Cheese & Broccoli	3.49	5.49	7.49



Banners Ham



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Vegetable quiche -Hr-  
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