

Christmas Turkey



Ingredients

Spices (salt, freshly ground black pepper, onion powder, granulated garlic powder, tarragon, parsley flakes, thyme, basil and paprika)
3 Tbsp Lucy Bee Extra Virgin Organic Coconut Oil
Enough olive oil to cover turkey.

Preparing The Bird

Let the bird sit in cold water for 24 hours (be sure to change the water every once in awhile)

After the 24 hours are up take the giblets out of the turkey and stuff it from both ends with tea towels

Drape a wet tea towel over the top of the turkey and put it in the fridge for another 24 hours

Method

1. Preheat your oven to 160 Degrees C
2. Take your turkey out of the fridge and place on the counter
Lather olive oil
3. Sprinkle with poultry seasoning
4. Massage the turkey making sure it's covered in olive oil and spices
5. Cut open a paper bag and measure how much you'll need to drape the bag over the turkey, leaving enough room so that the bag can be tucked in on both sides
6. Drench the bag in melted coconut oil and place over the turkey, tucking in at both sides
7. Insert the thermometer into the side of the turkey and place in oven.
A 12kg bird will take 6.5 hrs at 160 Degrees C but cooking time will vary depending on the size of your bird and your oven.

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