

Foodservice


INGHAM'S[®]
Heart of the Table

The Professionals' Choice

FOODSERVICE CATALOGUE

2018 EDITION



INGHAM'S IS THE PROFESSIONALS' CHOICE...

At Ingham's, we're passionate about being the premier poultry supplier and this catalogue is designed to provide you with a quick reference for Ingham's Frozen Foodservice products. We produce a great selection of frozen products that can be utilised in a vast number of applications. At Ingham's we care about quality, nutrition and sustainability and we're committed to providing Australian businesses with premium chicken and turkey products. We hope you enjoy browsing this catalogue.

CHICKEN PRODUCTS

The Ingham's Foodservice Chicken Products range encompasses a broad selection of frozen prepared chicken, flash fried chicken and chicken smallgoods. Each category is full of crowd pleasers from Chicken Nuggets to Chicken Tenders, Chicken Chipees to Chicken Schnitzels, Breast Fillets and Chicken Burgers. All our chicken products are backed by the Ingham's brand so you know that quality is guaranteed. As a foodservice professional, you can rest assured that your customers will enjoy our quality Australian chicken products and will keep coming back for more!

PRODUCTS FOR SCHOOLS

Ingham's Chicken makes the grade in schools! Australia's premier poultry products supplier, Ingham's Foodservice is committed to providing the very best to the school canteen market. That means affordable products that not only taste great, but which are also healthier choices.

Developed to meet the nutritional criteria laid down by school associations nationally, the Ingham's school canteen selection features favourites that kids love to eat – so if you're looking for affordable chicken that tastes great, is easy to cook and serve, and is approved for schools, the extensive Ingham's selection is sure to make the grade.

TURKEY PRODUCTS

Our turkey products include a wide range of fresh and frozen turkeys and oven-roasted or smoked smallgoods. With delicious options such as Sweet Herb and Mustard Turkey Half Breast Roast, all the hard work has already been done. Our premium quality whole turkeys come in a handy spectrum of sizes from 2.4-7+kg together with a broad selection of Ready to Roast and Turkey Buffet products.

All Ingham's turkey products for Foodservice have been created with an emphasis on taste, variety and flexibility to provide you with the best choice of turkey products in Australia.

Our most popular school products include: Chicken Goujons, School Nuggets, Tempura Breast Nuggets, Roasted Chicken Meat either diced or sliced, Sliced Breast Strips, Classic Crumbed Tenders, Healthy Select Turkey Breast, School Chicken Burger and Pizza Roundas.

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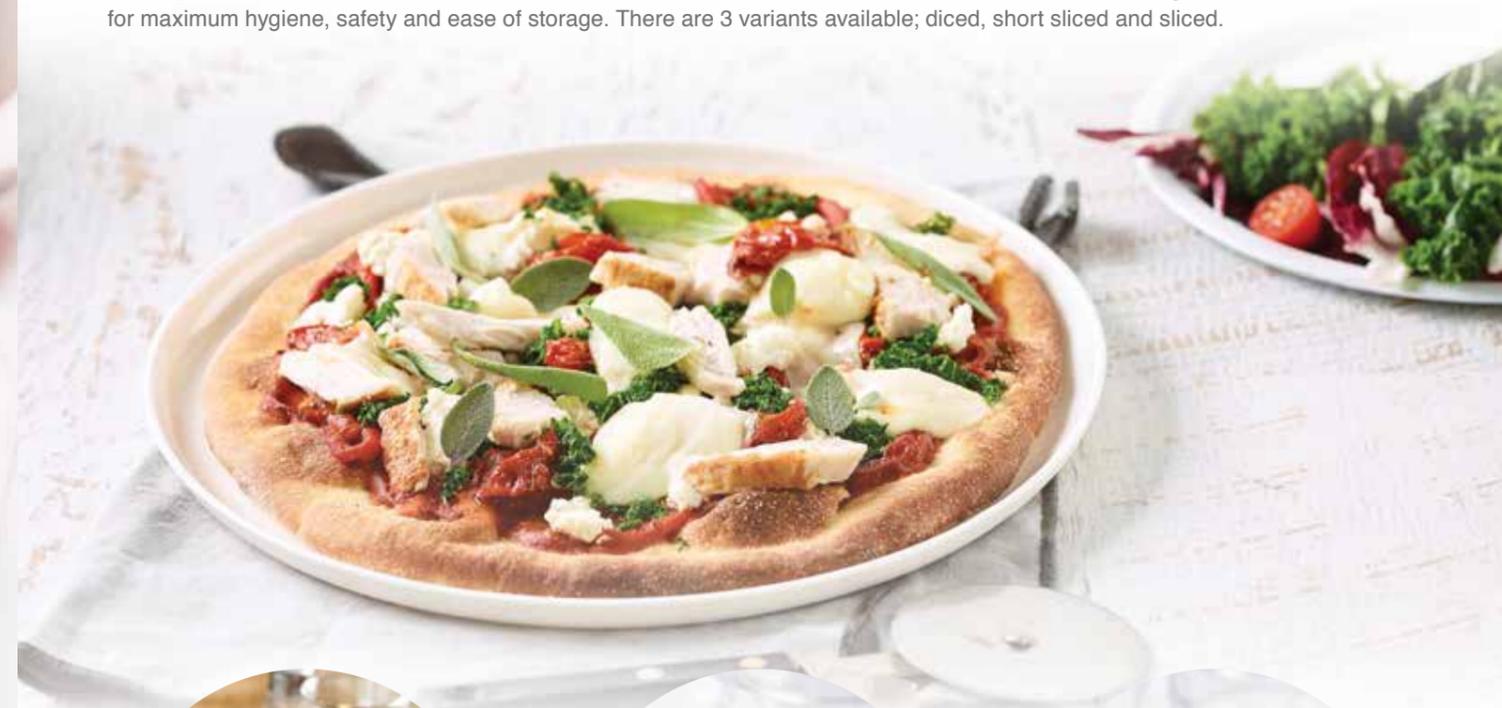


CHICKEN



ROASTED CHICKEN MEAT

Ingham's Free Flow Roasted Chicken Meat is of the highest quality and is 100% Australian chicken. The products are fully cooked and then Individually Quick Frozen (IQF). Each product comes in a resealable zipfresh bag for maximum hygiene, safety and ease of storage. There are 3 variants available; diced, short sliced and sliced.



DICED ROASTED CHICKEN MEAT

Product Code 0009810
Carton Contents 6 x 1kg



SHORT SLICED CHICKEN MEAT

Product Code 0009811
Carton Contents 6 x 1kg



SLICED CHICKEN BREAST STRIPS

Product Code 0009814
Carton Contents 6 x 1kg

FINGER FOOD / SNACKING

Ingham's offers a variety of finger foods to suit different occasions and tastes. With the choice of Nuggets, Munchies, Pop'em Chicken, Wings, Goujons and Medallions to name a few – Ingham's has all your needs covered! Made from 100% Australian chicken, these tasty treats will definitely keep your customers coming back for more.



CRUMBED NUGGETS

Product Code 0020563
 Carton Contents 5 x 1kg
 Approx. Unit Weight 22g
 Approx. Units per Kg 45



BREAST NUGGETS

Product Code 5550200
 Carton Contents 5 x 1kg
 Approx. Unit Weight 20g
 Approx. Units per Kg 50



SCHOOL NUGGETS

Product Code 0020565
 Carton Contents 5 x 1kg
 Approx. Unit Weight 22g
 Approx. Units per Kg 45



TEMPURA BREAST NUGGETS

Product Code 5561900
 Carton Contents 5 x 1kg
 Approx. Unit Weight 20g
 Approx. Units per Kg 50



TERIYAKI MEDALLIONS

Product Code 5561300
 Carton Contents 5 x 1kg
 Approx. Unit Weight 35g
 Approx. Units per Kg 28



HONEY & SESAME MEDALLIONS

Product Code 5561200
 Carton Contents 5 x 1kg
 Approx. Unit Weight 35g
 Approx. Units per Kg 28



MUNCHIES

Product Code 5554100
 Carton Contents 5 x 1kg
 Approx. Unit Weight 8.4g
 Approx. Units per Kg 119



KARAAGE CHICKEN BITES

Product Code 5858600
 Carton Contents 5 x 1kg
 Approx. Unit Weight 25g
 Approx. Units per Kg 40



POP 'EM SOUTHERN STYLE FLAVOUR

Product Code 5565200
 Carton Contents 5 x 1kg
 Approx. Unit Weight 7g
 Approx. Units per Kg 142



ROASTED WINGS

Product Code 0009625
 Carton Contents 5kg Bulk Carton
 Approx. Unit Weight 125g
 Approx. Units per Kg 8



CRUMBED DRUMSTICKS

Product Code 5586800
 Carton Contents 5Kg Bulk Carton
 Approx. Unit Weight 180g
 Approx. Units per Kg 5



QUARTER ROAST CHICKEN

Product Code 0009824
 Carton Contents 5Kg Bulk Carton
 Approx. Unit Weight 200g
 Approx. Units per Kg 5



DEVIL WING DINGS

Product Code 0020540
 Carton Contents 5 x 1kg
 Approx. Unit Weight 77g
 Approx. Units per Kg 13



ROASTED WING DINGS

Product Code 0020511
 Carton Contents 5 x 1kg
 Approx. Unit Weight 45g
 Approx. Units per Kg 22



CHICKEN WING DINGS

Product Code 0020536
 Carton Contents 5 x 1kg
 Approx. Unit Weight 77g
 Approx. Units per Kg 13



COUNTRY CRISP CHICKEN STRIPS

Product Code 5532500
 Carton Contents 5 x 1kg
 Approx. Unit Weight 30g
 Approx. Units per Kg 33



CHICKEN & CORN ROLLS

Product Code 0009674
 Carton Contents 5 x 1kg
 Approx. Unit Weight 100g
 Approx. Units per Kg 10



YUMMY DRUMMIES

Product Code 0009552
 Carton Contents 5 x 1kg
 Approx. Unit Weight 50g
 Approx. Units per Kg 20



CHICKEN BREAST GOUJONS

Product Code 0020670
 Carton Contents 5 x 1kg
 Approx. Unit Weight 20g
 Approx. Units per Kg 50



CHICKEN CHIPS

Product Code 0020700
 Carton Contents 5 x 1kg
 Approx. Unit Weight 10g
 Approx. Units per Kg 100



CHICKEN DEVIL CHIPS

Product Code 0020710
 Carton Contents 5 x 1kg
 Approx. Unit Weight 10g
 Approx. Units per Kg 100



TEMPURA CHIPEES

Product Code 5552500
 Carton Contents 5 x 1kg
 Approx. Unit Weight 10g
 Approx. Units per Kg 100

CENTRE OF PLATE/ MEAL SOLUTIONS

Ingham's offers an extensive range of versatile, main meal menu items. No matter what venue; whether you are a pub, club, bistro, take-away, function caterer or school, you'll be sure to find quality chicken products to suit your customers. All our main meals are made from 100% Australian chicken and are simple and easy to prepare!



CLASSIC CRUMBED TENDERS

Product Code 5563600
 Carton Contents 5 x 1kg
 Approx. Unit Weight 50g
 Approx. Units per Kg 20



SWEET CHILLI TENDERS

Product Code 0020460
 Carton Contents 5 x 1kg
 Approx. Unit Weight 55g
 Approx. Units per Kg 18



SCHOOL SWEET CHILLI TENDERS

Product Code 6400200
 Carton Contents 5 x 1kg
 Approx. Unit Weight 55g
 Approx. Units per Kg 18



SALT & VINEGAR TENDERS

Product Code 0020555
 Carton Contents 5 x 1kg
 Approx. Unit Weight 55g
 Approx. Units per Kg 18



SOUTHERN STYLE TENDERS

Product Code 6405400
 Carton Contents 5 x 1kg
 Approx. Unit Weight 50g
 Approx. Units per Kg 20



SCHOOL CHICKEN BREAST BURGER

Product Code 0009790
 Carton Contents 6 x 835g Bags
 Approx. Unit Weight 83g
 Approx. Units per Kg Approx 12



FLAME-GRILLED CHICKEN BREAST FILLET

Product Code 5553800
 Carton Contents 5 x 1kg
 Approx. Unit Weight 89g
 Approx. Units per Kg 11



CHICKEN KIEV

Product Code 5530100
 Carton Contents 3kg Bulk Carton
 Approx. Unit Weight 200g
 Approx. Units per Kg 5



SATAY KEBAB

Product Code 0009331
 Carton Contents 2.1kg Bulk Carton
 Approx. Unit Weight 85g
 Approx. Units per Kg 11



SATAY KEBAB (RAW)

Product Code 0009105
 Carton Contents 5.7kg Bulk Carton
 Approx. Unit Weight 120g
 Approx. Units per Kg 8



CHICKEN BURGER

Product Code 0009788
 Carton Contents 6 x 835g Bags
 Approx. Unit Weight 83g
 Approx. Units per Kg 12



ALFREDO FILLERS

Product Code 5560900
 Carton Contents 5kg Bulk Carton
 Approx. Unit Weight 100g
 Approx. Units per Kg 10



BROCCOLI & CHEESE FILLERS

Product Code 5561000
 Carton Contents 5kg Bulk Carton
 Approx. Unit Weight 100g
 Approx. Units per Kg 10



SIGNATURE BROCCOLI & CHEESE

Product Code 5558100
 Carton Contents 3.5kg Bulk Carton
 Approx. Unit Weight 175g
 Approx. Units per Kg 5



LARGE BREAST SCHNITZEL

Product Code 5355200
 Carton Contents 6.3kg Bulk Carton
 Approx. Unit Weight 210g
 Approx. Units per Kg 5



MEDIUM SCHNITZEL

Product Code 5654700
 Carton Contents 5kg Bulk Carton
 Approx. Unit Weight 160g
 Approx. Units per Kg 6



READY TO EAT CHICKEN SCHNITZEL

Product Code 5567400
 Carton Contents 2 x 2.5kg Bulk Carton
 Approx. Unit Weight 180g
 Approx. Units per Kg 11



DEVIL BREAST

Product Code 5535800
 Carton Contents 5 x 1kg
 Approx. Unit Weight 80g
 Approx. Units per Kg 12



SOUTHERN STYLE CHICKEN BREAST

Product Code 5563200
 Carton Contents 5 x 1kg
 Approx. Unit Weight 110g
 Approx. Units per Kg 9



CHICKEN BREAST 85G

Product Code 0009690
 Carton Contents 5 x 850g
 Approx. Unit Weight 85g
 Approx. Units per Kg 12



PREMIUM BREAST SCHNITZEL

Product Code 0009710
 Carton Contents 2.9kg Bulk Carton
 Approx. Unit Weight 180g
 Approx. Units per Kg 5



BISTRO BREAST SCHNITZEL

Product Code 5654600
 Carton Contents 5kg Bulk Carton
 Approx. Unit Weight 190g
 Approx. Units per Kg 5



READY TO EAT QUARTER ROAST CHICKEN

Product Code 5313400
 Carton Contents 2 x 2.5kg Bulk Carton
 Approx. Unit Weight 270g
 Approx. Units per Kg 4



CHICKEN BREAST 120G

Product Code 0009706
 Carton Contents 4 x 1.2kg
 Approx. Unit Weight 120g
 Approx. Units per Kg 8



CRUMBED BREAST FILLET

Product Code 5530700
 Carton Contents 3kg Bulk Carton
 Approx. Unit Weight 120g
 Approx. Units per Kg 8



CRISPY BREAST STEAK

Product Code 5554400
 Carton Contents 3kg Bulk Carton
 Approx. Unit Weight 100g
 Approx. Units per Kg 10

READY MEALS

Ingham's Ready Meals include two old time favourites, Pizza Roundas and Traditional Lasagne. Both make for a delicious, versatile and convenient menu item for all canteens. As an added benefit each serving is produced and packed as individual serves.



PIZZA ROUNDAS

Product Code 0009410
 Carton Contents 20 x 130g
 Approx. Unit Weight 130g
 Approx. Units per Kg 7



BLASTA PASTA - TRADITIONAL LASAGNE

Product Code 0009355
 Carton Contents 24 x 200g
 Approx. Unit Weight 200g
 Approx. Units per Kg 5

GLUTEN FREE

Ingham's offers an extensive range of Gluten Free products for your customers that have a gluten intolerance. All our products are made from 100% Australian chicken.



CHICKEN NUGGETS

Product Code 5564100
 Carton Contents 5 x 1kg
 Approx. Unit Weight 22g
 Approx. Units per Kg 45



CHICKEN TENDERS

Product Code 5564300
 Carton Contents 5 x 1kg
 Approx. Unit Weight 50g
 Approx. Units per Kg 20



DICED ROASTED CHICKEN MEAT

Product Code 0009810
Carton Contents 6 x 1kg



SHORT SLICE ROAST CHICKEN MEAT

Product Code 0009811
Carton Contents 6 x 1kg



SLICED CHICKEN BREAST STRIPS

Product Code 0009814
Carton Contents 6 x 1kg

CHICKEN SMALLGOODS

Ingham's offers an extensive range of chicken smallgoods that are perfect for use in sandwiches and wraps. All products are made from 100% Australian chicken.



CHICKEN BREAST SUPREME 2.5KG

Product Code 5130200
Carton Contents 4 x 2.5kg



CHICKEN LOAF 4KG

Product Code 5110600
Carton Contents 3 x 4kg



CHICKEN LOAF 4KG

Product Code 5110600
Carton Contents 3 x 4kg



CHICKEN ROLL 3KG

Product Code 5111700
Carton Contents 4 x 3kg



CHICKEN BREAST SUPREME 2.5KG

Product Code 5130200
Carton Contents 4 x 2.5kg



CHICKEN ROLL 250G

Product Code 5110100
Carton Contents 10 x 250g



TURKEY



FRESH / FROZEN



Code	Product Description	Approx. Unit Weight	Carton Contents
WHOLE TURKEY			
7002400	Frozen Self Basting	2.4kg	5
7003200	Frozen Self Basting	2.6-3.2kg	4
7003400-7004800	Frozen Self Basting	3.4-4.8kg	3
7004800-7006800	Frozen Self Basting	4.8-6.8kg	2
7007000-7011000	Frozen Self Basting	7+kg	1
7032800	Fresh Whole Turkey Self Basting	2-2.8kg	4
7033900-7034900	Fresh Whole Turkey Self Basting	3-4.8kg	3
7035900-7036900	Fresh Whole Turkey Self Basting	5-6.8kg	2
7038000	Fresh Whole Turkey Self Basting	8-8.8kg	1
7173200	Fresh Plain Whole Turkey	2-2.9kg	4
7966800-7966900	Fresh Plain Whole Turkey	3-4.9kg	3
7967100	Fresh Plain Whole Turkey	6-6.9kg	2
7967200	Fresh Plain Whole Turkey	7-7.9kg	1

Sizes range from 2.4-8.8+kg subject to availability at time of order.

A premium whole turkey, available plain or specially marinated to lock in flavour and tenderness - ready for you to cook.



Code	Product Description	Approx. Unit Weight	Carton Contents
TURKEY BUFFÉ			
7214000	Frozen Flavour Basted Buffé	4-5kg*	2
7215000	Frozen Flavour Basted Buffé	5-6kg*	2
7216000	Frozen Flavour Basted Buffé	6-7kg*	3
7217000	Frozen Flavour Basted Buffé	7-8kg*	2
7218000	Frozen Flavour Basted Buffé	8-9kg*	2
7224000	Frozen Plain Turkey Buffé	4-5kg*	2
7225000	Frozen Plain Turkey Buffé	5-6kg*	2
7226000	Frozen Plain Turkey Buffé	6-7kg*	2
7227000	Frozen Plain Turkey Buffé	7-8kg*	2
7228000	Frozen Plain Turkey Buffé	8-9kg*	2
7228900	Fresh Plain Turkey Buffé	3-4kg	2
7229000	Fresh Plain Turkey Buffé	4-5kg	2
7229200	Fresh Plain Turkey Buffé	6-7kg	2

Turkey Buffé consists of whole turkey breast with the first wing joint attached with wings and legs removed.



Code	Product Description	Approx. Unit Weight	Carton Contents
DE-BONED TURKEY BUFFÉ			
7410000	Frozen Plain De-boned Buffé	1.7-2.3kg*	8
7410400	Frozen Flavour Basted De-boned Buffé	1.8-2.45kg*	4
7410500	Fresh Plain De-boned Buffé	2-2.3kg*	8

De-boned Turkey Buffé, turkey breast without the bone.



Code	Product Description	Approx. Unit Weight	Carton Contents
TURKEY HALF BREAST WITH FIRST WING JOINT ATTACHED			
7412100	Fresh Flavour Basted Turkey Breast	2.0-2.3kg*	4
7412200	Frozen Flavour Basted Turkey Breast	1.8-2.45kg*	4



Code	Product Description	Approx. Unit Weight	Carton Contents
TURKEY TENDERLOINS			
7411000	Frozen Turkey Tenderloins	120-180g	3kg



Code	Product Description	Approx. Unit Weight	Carton Contents
TURKEY ROASTS			
7630200	Frozen Turkey Carvery Roast	3kg*	4
7613700	Frozen Turkey Breast Roast	1kg	6
7630800	Frozen Turkey Thigh Roast	1kg	6

Premium breast meat, specially marinated to lock in flavour and tenderness - ready for you to cook.

COOKED



Code	Product Description	Approx. Unit Weight	Carton Contents
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TURKEY BUFFÉ

7710200	Oven Roasted Turkey Buffé	2.5-4kg	4
7710100	Oven Roasted Turkey Buffé	5-6.5kg*	2

Our Buffé range is lightly marinated and made from premium whole turkey breast with the first wing joint attached.

Features & Benefits

- ✓ Simply slice and serve
- ✓ Ideal to serve hot or cold
- ✓ No Wastage
- ✓ Natural turkey breast on the bone



TURKEY HALF BREAST

7770100	Oven Roasted Turkey Half Breast	1.2-2.7kg*	3
7720100	Sweet Herb & Mustard Turkey Half Breast	1.5-2.7kg*	3



Half Breasts are deboned and available in two varieties; Oven Roasted and Sweet Herb & Mustard. Both are marinated and seasoned then oven roasted to perfection.

Features & Benefits

- ✓ Gluten Free
- ✓ Simply slice and serve
- ✓ Ideal to serve hot or cold
- ✓ Easy to slice or shave
- ✓ No Wastage
- ✓ Natural turkey breast



Code	Product Description	Approx. Unit Weight	Carton Contents
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TURKEY BREAST ROLL

7730500	Frozen Oven Roasted Turkey Breast Roll	2kg*	3
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Made from natural whole breast fillet with the skin removed and lightly marinated.



TURKEY BREAST SUPREME AND HEALTHY SELECT TURKEY BREAST

7750100	Turkey Breast Supreme	2kg*	4
7750300	Healthy Select Turkey Breast	2kg*	4



NATURALLY REDGUM SMOKED

7904100	Aldinga Smoked Turkey Breast	2.4-2.6kg*	2
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Australian premium quality turkey breast marinated and smoked to perfection with Australian Redgum.

Features & Benefits

- ✓ Ready to heat and serve
- ✓ No wastage
- ✓ Simply slice and serve
- ✓ Smoked with 100% Natural Redgum

Due to premium quality of the raw materials used, the portion weights are only an approximation and should be used as a guide only.
*Random Weight.

Due to premium quality of the raw materials used, the portion weights are only an approximation and should be used as a guide only.
*Random Weight.

GLUTEN FREE



TURKEY BREAST READY TO ROAST

Product Code 7613700
Carton Contents 6 x 1kg



OVEN ROASTED TURKEY HALF BREAST

Product Code 7770100
Carton Contents 3 x 1.2 - 2.7kg



SWEET HERB & MUSTARD TURKEY 1/2 BREAST

Product Code 7720100
Carton Contents 3 x 1.2-2.7kg



COOKING INSTRUCTION TIPS



COOKING INSTRUCTIONS

Turkey - Whole, Frozen & Fresh

- If frozen, thaw for at least 48 hours in refrigerator or until fully thawed.
- Wipe inside and out with paper towels.
- Fill neck and body cavities with prepared stuffing and secure by sewing or by skewer.
- Tuck wings under turkey and tie drumsticks together with string.
- Rub skin lightly with melted butter or oil, and dust with salt and pepper.

Preheat oven to 180°C. Cover legs and wings with foil and roast for suggested cooking time on pack. Approx. 30 minutes before turkey is cooked remove foil and pierce skin in several places to allow self basting and browning.

Turkey Buffé

- If frozen, thaw for at least 48 hours in refrigerator or until fully thawed (allow approximately 13 hours per kg).
- Place Buffé breast side up in a roasting dish with a little water and cover with foil.

Preheat oven to 180°C. Roast for approx. 40 minutes per kilo. Remove foil for last 30 minutes to allow self basting and browning.

Oven Roasted Turkey Buffé

Oven: Place in a pan with a little water. Cover with foil. Cook at 175°C for approximately 15 minutes per kg.

Microwave: Slice meat. Place in dish and cover. Microwave for approximately 7-10 minutes on medium. Adjust according to number of slices.

Deboned Turkey Buffé

Turkey Double Breast with first wing joint

- Thaw in refrigerator for at least 24 hours.
- Place turkey skin side up in roasting dish on a rack.
- After roasting, cover turkey with foil and allow to stand for 10 minutes before carving.

Oven Bake: Preheat oven to 180°C. Roast turkey for 2-2 1/2 hours until golden brown.

Turkey Breast Roast

- Thaw in the refrigerator for at least 48 hours or until fully thawed or cook from frozen.
- Remove from plastic packaging.
- DO NOT REMOVE FOIL.
- Place on rack in an oven proof dish with ½ cup water.
- Turn after 40 minutes.
- Remove foil for last 30 minutes of cooking time and baste with a small amount of cooking oil.
- This will allow turkey to brown.
- Not suitable for microwave cooking.
- Conventional Oven – Cook Turkey at 180°C (360°F) for 2 hours 15 minutes from thawed or 3 hours from frozen.
- Fan-Forced Oven – Cook turkey at 170°C (340°F) for 2 hours 15 minutes from thawed or 3 hours from frozen.

Turkey Carvery Roast

- Thaw in the refrigerator for at least 48 hours or until fully thawed or cook from frozen.
- Remove from plastic packaging.
- DO NOT REMOVE FOIL.
- Place on rack in an oven proof dish with ½ cup water.
- Turn after 40 minutes.

- Remove foil for last 30 minutes of cooking time and baste with a small amount of cooking oil.
- This will allow turkey to brown.
- Not suitable for microwave cooking.
- Conventional Oven – Cook Turkey at 180°C (360°F) for 45 minutes per kg from thawed or 1 hour per kg from frozen.
- Fan-Forced Oven – Cook turkey at 170°C (340°F) for 45 minutes per kg from thawed or 1 hour per kg frozen.

Turkey Thigh Roast

- Thaw in the refrigerator for at least 48 hours or until fully thawed or cook from frozen.
- Remove from plastic packaging.
- DO NOT REMOVE FOIL.
- Place on rack in an oven proof dish with ½ cup water.
- Turn after 40 minutes.
- Remove foil for last 30 minutes of cooking time and baste with a small amount of cooking oil.
- This will allow turkey to brown.
- Not suitable for microwave cooking.
- Conventional Oven – Cook Turkey at 180°C (360°F) for 2 hours 15 minutes from thawed or 3 hours from frozen.
- Fan-Forced Oven – Cook turkey at 170°C (340°F) for 2 hours 15 minutes from thawed or 3 hours from frozen.

Turkey Tenderloins

- Thaw in refrigerator for at least 24 hours
 - Cover with foil when oven baking
- Pan Fry: Preheat oil to medium heat and cook for 10-15 minutes turning once.
- Oven Bake: Preheat oven 180°C. Roast in lightly oiled baking dish covered with foil for 45 minutes.
- Remove foil for last 10 minutes of cooking time to brown.

GENERAL TURKEY TIPS

- Turkey can be handled, cooked and stored in the same way as chicken. There are no special requirements in its handling.

COOKING TIPS

- Appliance temperatures can vary, you may need to adjust cooking times accordingly.
- Poultry is fully cooked when a core temperature of 82°C is achieved.

HANDLING AND STORAGE

- Defrost in the refrigerator only, not on the bench.
- Use separate cutting boards and utensils when handling raw and cooked poultry. Wash these thoroughly with hot, soapy water before and after handling.
- If you cook poultry to eat later, refrigerate while hot.

- Always store cooked foods above raw foods in the refrigerator.
- Keep fresh food refrigerated at or below 4°C.
- Keep frozen food at or below minus 18°C.
- Once poultry has been thawed, do not refreeze.
- After purchasing fully cooked smallgoods, ensure they are stored in the refrigerator with their wrapping sealed until required. After opening, they must be consumed within 3 days.

GENERAL ROASTING TIPS

- Stuffing does not have to be cooked inside the Turkey. It can be placed in the pan around the roast, or baked separately in foil or moulds. A shorter cooking time should be used for the stuffing.
- Remember, glazes which contain sugar may burn easily. Brush on these glazes 20-30 minutes before the turkey is cooked.



NOTES



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*Due to the nature of the raw materials used, the portion weights are only an approximation and should be used as a guide only.