

To cook your three bird roast

Preheat oven to 190C - 400F.

Place roast in a roasting pan and rub salt into the breast. Cover pan completely with tin foil, place in preheated oven and roast for three to four hours depending on the size:

Small Roast - up to 4.5kg (10lbs) - 3 hours

Medium Roast - 4.5-5.4kg (10-12lbs) - 3 1/2 hours

Large Roast - over 5.4kg (12lbs) - 4 hours

Please do not overcook. Remove the tin foil for the last twenty minutes of the cooking time to allow the skin to become golden and crispy. The meat is cooked when a skewer inserted in the side lets the juices run clear.

Allow the roast to rest in a warm oven (about 100c - 210F) for at least 40 minutes before serving. This resting period is very important as it allows most of the juices which have bubbled up to the surface of the meat to seep back into it, and the meat itself firms up to make it easier to carve. Some of these juices will escape though and these should be poured into the gravy.

To carve, place on a flat board and slice through, as you would a loaf of bread, using a sharp knife. Carve into thickish slices.

Serve with roast potatoes, gravy and a selection of vegetables.

THIS PRODUCT WILL NEED 48 HOURS TO THAW OUT FROM FROZEN