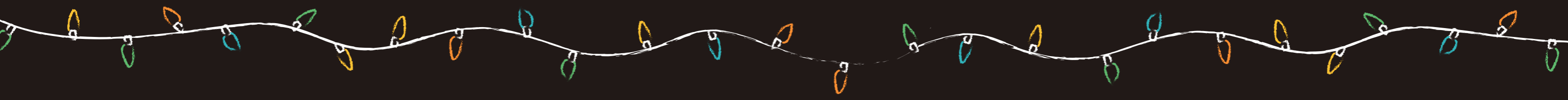


Tis the
SEASON to be
Stress-free

OUR ULTIMATE GUIDE TO CHRISTMAS DINNER

WITHOUT
THE
HASSLE

Tenderstem[®]



From that first wave of heart-warming ads to the hushed arrival of chocolate-filled calendars on supermarket shelves, the impending arrival of Christmas puts us all in the festive spirit nice and early. Then, before you know it, it's the middle of December and the panic sets in. Is all the shopping done? Will there be enough pigs in blankets? Did you remember to get that emergency bottle of sherry to placate any tempers during the late night board game fest?

But, rather than stressing over the details at 3am on December 24th, we've put together an ultimate Christmas planner that will make the big day run much more smoothly. With just a little bit of preparation and organisation, you'll be spending your Christmas day exactly how you should be – snuggled up on the sofa, holding a glass of bubbles and surrounded by a mountain of chocolate wrappers.

In our guide to Christmas perfection you'll not only find a tried and tested timetable to help you get everything on the table at its absolute best, but you'll also see a couple of delightful dishes made with your favourite green veg. Sorry sprouts, we're talking about Tenderstem®! Our flash in the pan, stir-fried Tenderstem® with glazed pearl onions and lardons (or dried cranberries if you're veggie) is the perfect accompaniment to turkey and roast spuds. And because you don't need to chop the stem, it's super quick to prepare.

So pour yourself a **FESTIVE** tipple,
have a flick through this **E-BOOK**
and get yourself **ready** for a **Christmas** to remember.

CHEERS!



Our ULTIMATE Christmas Dinner Planner

2

**WEEKS BEFORE
THE BIG DAY**

Make sure you've got some Christmas crackers and fancy decorations to make your Christmas Dinner table perfect. Also check Prosecco and Champagne storage levels and replenish if necessary!

1

**WEEK BEFORE
THE BIG DAY**

Make the pigs in blankets (scroll down for recipe) and freeze them, uncooked, in a zip-lock bag or covered container.

Make the Christmas sausage, sage and bacon stuffing loaf (scroll down for recipe); freeze the uncooked stuffing loaf in the tin, covered with cling film.

Par-boil and blanch the parsnips – no need to par-boil and blanch the Tenderstem® however! Store the prepared parsnips in zip-lock bags and freeze them.

**THE
MORNING
BEFORE
THE BIG DAY**

Take the turkey out of the freezer (if using a frozen turkey) and allow to defrost at room temperature for 24 hours.

**THE
NIGHT
BEFORE
THE BIG DAY**

Peel the potatoes; don't forget to bribe family members with cake or sticky buns and fizz! Place the potatoes in a large pan of salted water until you need to cook them.

If cooking a turkey crown, wrap the crown in the bacon, cover and store in the fridge overnight. Remove 30 minutes before cooking on the big day.

Take the frozen, par-boiled parsnips out of the freezer and pop them in the fridge or a cool place to defrost overnight.

Take the frozen pigs in blankets and stuffing out of the freezer and place them in the fridge to defrost overnight.

Don't forget to leave a mince pie and glass of sherry out for Father Christmas if you still want that special stocking filler!

The BIG Day Countdown

(For a 2:30pm sit down dinner based on a 6 kilo turkey OR 2 kilo turkey crown)



8:30am

Unwrap the turkey making sure it is fully defrosted (if it was frozen). Pre-heat oven to 220C/425F/Gas mark 7. Prepare the turkey for cooking according to the recipe.



9:00am

Place the prepared turkey into the oven, in a large roasting tray and covered with tin foil. Cook for half an hour.



9:30am

Turn the temperature down 180C/375F/Gas mark 5 and roast for a further 4 hours. Turn up the heat to 200C/400F/Gas mark 6 for the last hour at **12:30pm**. For the last 45 minutes, remove the foil to crisp the skin.



10:00am

Relax for an hour and a half. Time for Champagne breakfast and pressie opening!



11:30am

Turkey Crown – Place turkey crown into the pre-heated oven at 180C/375F/Gas mark 5. Cook for 2 hours, turning up the temperature for the last 1 hour, at **12:30pm** to 200C/400/Gas mark 6.



1:00pm

Place the stuffing loaf in the oven to cook for 1 hour at 200C/400F/Gas mark 6. Par-boil the potatoes in their ready salted water until 2/3 cooked and drain. (Scroll down for full recipe.)



1:15pm

Cook the roast potatoes for 1 hour at 200C/400F/Gas mark 6.



1:30pm

Take the turkey (or the turkey crown) out of the oven, drain off the juices for the gravy and loosely cover in foil. Allow to rest at room temperature. Meanwhile, make the gravy and keep it warm in a gravy boat. Roast the parsnips alongside the potatoes for 45 minutes until golden brown and crispy.



2:00pm

Cook the pigs in blankets for 15 minutes, or until they are golden brown and the bacon is crispy. Take the stuffing loaf out of the oven and cut into slices. Carve the turkey and place it on a serving platter surrounded by the stuffing slices and pigs in blankets once cooked.



2:15pm

Cook the flash in the pan Tenderstem® with glazed pearl onions and lardons (or dried cranberries). Boil the carrots for 5 to 10 minutes until just soft and cooked. Remove the cooked potatoes and parsnips from the oven and place all of the vegetables into separate warmed serving dishes.



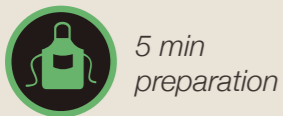
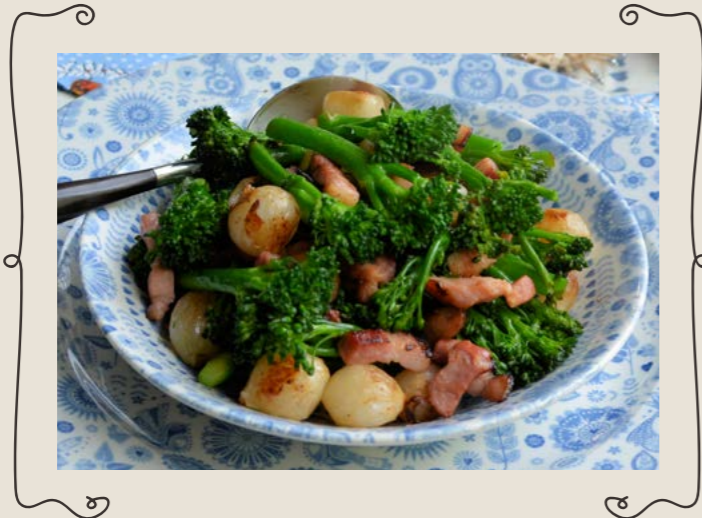
2:30pm

And **BREATHE!** Christmas dinner is served – reward yourself with a glass/bottle of champers and tuck in! No more cooking now for at least 2 to 3 days as you graze off the leftovers!



Recipes

Flash in the Pan Tenderstem® with Glazed Pearl Onions and Lardons



5 min preparation



15 min cooking



Serves 6-8

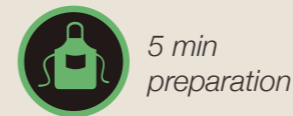
Ingredients:

2 x 200g packets of Tenderstem®
100g frozen pearl onions, or fresh onions peeled and trimmed
125g smoked lardons
50g butter
Salt and pepper to taste

Method:

1. Fry the onions with the lardons in a non-stick pan or wok until the lardons are crispy and the onions are soft but still retain their shape – about 5 minutes. Remove the lardons and onions from the pan, cover and keep warm.
2. Add the Tenderstem® and fry for 4 to 5 minutes, stirring all the time. Add the cooked lardons and pearl onions back to the pan with the Tenderstem® and add the butter to glaze the onions and the Tenderstem®.
3. Season with salt and pepper to taste and serve immediately in a warmed serving dish.

Flash in the Pan Tenderstem® with Glazed Pearl Onions and Cranberries



5 min preparation



15 min cooking



Serves 6-8

Ingredients:

2 x 200g packets of Tenderstem®
1 tbsp rapeseed oil
100g frozen pearl onions, or fresh onions peeled and trimmed
100g soft, dried cranberries (such as Craisins)
50g butter
Salt and pepper to taste

Method:

1. Fry the onions in a non-stick pan or a wok in the rapeseed oil until the onions are soft but still retain their shape – about 5 minutes, adding the dried cranberries for the last 2 minutes. Remove the onions and cranberries from the pan, cover and keep warm.
2. Add the Tenderstem® and fry for 4 to 5 minutes, stirring all the time. Add the cooked pearl onions and dried cranberries back to the pan with the Tenderstem® and add the butter to coat and 'glaze' the onions and Tenderstem®.
3. Season with salt and pepper to taste and serve immediately in a warmed serving dish.



Recipes

Bacon Wrapped Turkey Crown



15 min preparation



2 hrs cooking



Serves 4-6 plus leftovers

Ingredients:

2kg turkey breast, fillet or saddle
8 to 12 rashers of streaky smoked bacon
Butter
Salt and pepper to taste

Method:

1. Pre-heat oven to 180C/375F/Gas mark 5.
2. Season the turkey all over with salt and freshly ground black pepper. Rub a generous amount of softened butter all over the joint.
3. Stretch the streaky bacon with the back of a knife – this stops it shrinking during cooking.
4. Wrap the rashers of bacon around the turkey joint, making sure that the ends are tucked underneath.
5. Place the turkey into a buttered baking tray and add about 100ml of water. Loosely wrap some foil over the tray and cook in the pre-heated oven for 40 minutes per kg plus 20 minutes – a 2kg joint will take 2 hours (120 minutes). Unwrap the turkey for the last 15 minutes of cooking to allow the bacon to crisp.
6. Allow to stand for 15 minutes after cooking.

Christmas Sausage, Sage and Bacon Stuffing Loaf



15 min preparation



50 min cooking



Serves 8-12 slices

Ingredients:

12 rashers of smoked streaky bacon
50g butter
2 onions, peeled and finely diced
100g dried cranberries (such as Craisins)
1 x 340g packet of high-meat content pork sausages (skinned)
100g fresh breadcrumbs
8 fresh sage leaves, finely chopped
Grated zest of 1 small orange
Salt and pepper to taste

Method:

1. Pre-heat oven to 190C/375F/Gas mark 5.
2. Line a 1kg (2lb) loaf tin with the streaky bacon slices, overlapping them slightly.
3. Melt the butter in a large frying pan and sauté the onions until they are soft and translucent.
4. Add the cranberries, sausages (skin them and crumble the sausagemeat), breadcrumbs, sage and grated orange zest and mix well, with your hands is best. Season to taste with salt and pepper.
5. Spoon the stuffing into the bacon lined loaf tin and pack the mixture down firmly. Cover with a piece of buttered greaseproof paper and bake for 30 minutes. Take the loaf out of the oven, carefully invert it onto a greased baking tray and bake for a further 20-25 minutes, or until the bacon is crispy and golden brown.
6. Allow to come to room temperature and cool slightly before serving in slices.

Recipes

➤ Pigs in Blankets ◀



15 min
preparation



15 min
cooking



Serves 8

Ingredients:

16 chipolata sausages
8 thin slices of dry-cure
smoked streaky bacon
Cocktail sticks

Method:

1. Pre-heat oven to 200C/400F/Gas mark 6.
2. Place the bacon on a chopping board and, using the back of a knife, stretch the bacon to almost double in length. Cut in half to make 16 slices.
3. Wrap each piece of bacon around a chipolata sausage, and secure with a cocktail stick.
4. Place them in a roasting tray and cook for 15 minutes or until they are golden brown and the bacon is crispy.

➤ Turkey Gravy ◀



5 min
preparation



15 min
cooking



Serves 4-6

Ingredients:

Juices from turkey
1 tbsp cornflour
300ml water/white wine
Salt and pepper to taste

Method:

1. Drain the juices from the turkey pan/tray and add a little cornflour that has been mixed with water. Stir well.
2. Slowly add the water and/or white wine and season to taste.
3. Simmer gently for around 10 minutes and pour into a warmed gravy boat to serve.



Recipes

Crispy Golden Roast Potatoes



15 min preparation



60 min cooking



Serves 8

Ingredients:

450g potatoes (we think Kestrel, Maris Piper or King Edward potatoes work the best)
8 tbsp rapeseed oil
Plain flour for dusting
Salt and freshly ground pepper

Method:

1. Pre-heat oven to 200C/400F/Gas mark 6.
2. Par-boil the potatoes in salted water, until they are around two-thirds cooked. Drain and leave them to cool.
3. Lightly dust the cooked potatoes with the flour until they are evenly coated.
4. Heat a roasting tin with the rapeseed oil, add the potatoes then place in the oven for around an hour, until tender, golden brown and crispy.



Honey Roast Parsnips



15 min preparation



45 min cooking



Serves 8

Ingredients:

500g parsnips
1 tbsp runny honey
2 tbsp rapeseed oil
2 tbsp butter
Sea salt flakes to taste

Method:

1. Preheat oven to 200C/400F/Gas mark 6.
2. Trim parsnips and cut into quarters lengthwise.
3. Par-boil for 5 minutes – drain well.
4. Put parsnips in roasting tray and add honey, oil and butter, season with sea salt flakes.
5. Roast for 45 minutes until golden brown and crunchy, stirring half way.

More Tenderstem® Recipes

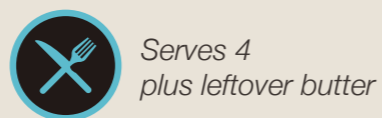
Tenderstem® with Christmas Butter



10 min preparation



5 min cooking



Serves 4 plus leftover butter

Ingredients:

2 tbsp rapeseed oil
200g packet of Tenderstem®

For the Christmas butter

250g salted butter, to room temperature
2 handfuls of finely chopped chestnuts (precooked variety)
2 handfuls of dried cranberries, finely chopped
2 sprigs of fresh rosemary, finely chopped
Zest of 2 clementines
1 garlic clove, peeled and finely chopped
Salt and pepper

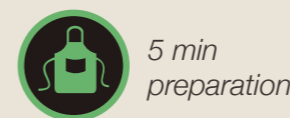
Top tip

The remaining butter mix will sit happily in your freezer for a couple of months ready to melt on your Tenderstem® when needed.

Method:

1. Make the Christmas butter: add all the ingredients (except the Tenderstem®) to the softened butter and combine really well.
2. Place the butter mix onto some greaseproof paper and shape into a long sausage with a diameter of about 2 inches.
3. Roll the greaseproof paper around the butter mix and tightly roll it around the butter. Twist one end tightly and then repeat at the other end until you have a neat sausage shaped butter mix. Place in the freezer to freeze.
5. Heat a large frying pan over a medium/high heat and add the rapeseed oil. Once hot, fry the Tenderstem® for a few minutes on each side until cooked and slightly charred.
6. While the Tenderstem® is hot, cut about 1 inch from your Christmas butter roll (about 1/6th of the roll) and place on top of the Tenderstem® to melt. Toss the Tenderstem® through the butter and serve.

Tenderstem® with Christmas Tahini, Truffle and Black Sesame Dressing



5 min preparation



5 min cooking



Serves 4

Ingredients:

200g packet of Tenderstem®
1 tbsp tahini
3 tbsp double cream
3 tbsp warm water
2 tbsp truffle oil, plus extra tbsp for garnish
1 tsp white wine vinegar
A small handful of toasted black sesame seeds
Salt and pepper

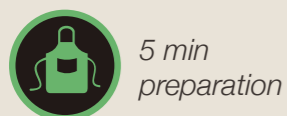
Method:

1. Bring a large pan of salted water to the boil.
2. Place the Tenderstem® in the water and simmer for 4-5 minutes or until they have a bit of bite and are bright green. Drain.
3. In a mixing bowl, add all the ingredients except the black sesame seeds, and mix until fully combined. You will have a smooth and fairly loose consistency.
4. Spoon the dressing over the Tenderstem® and sprinkle with the black sesame seeds and a drizzle of truffle oil.



More Tenderstem® Recipes

Christmas Griddled Tenderstem® with Blue Cheese, Pecans and Maple Syrup



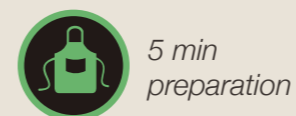
Ingredients:

200g packet of Tenderstem®
2 tbsp rapeseed oil
80g blue cheese, crumbled
50g pecans, roughly chopped
6 tbsp maple syrup
Salt and pepper

Method:

1. Toss the Tenderstem® in the rapeseed oil so that it is lightly coated.
2. Heat a griddle pan until it is smoking hot and place the Tenderstem® on the griddle and cook for a minute or so on each side.
3. Once cooked place in a serving dish and crumble over the blue cheese, chopped pecans and drizzle with maple syrup.
4. Season with salt and pepper and serve.

Tenderstem®, Chantenay Carrot and Brussels Sauté



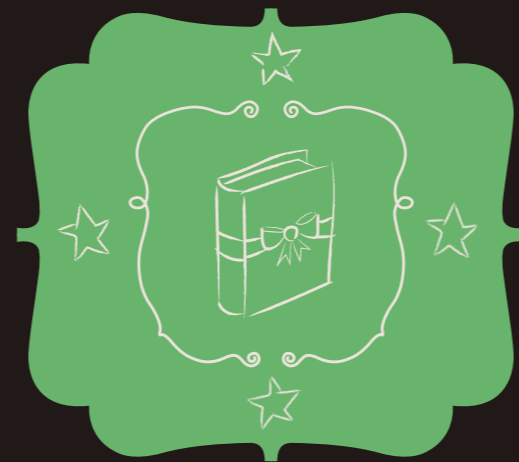
Ingredients:

200g packet of Tenderstem®
250g chantenay carrots
250g brussels sprouts
50g butter
2 tbsp finely chopped sage
100ml vegetable stock
Finely grated zest of half an orange

Method:

1. Prepare the carrots by trimming the tops and cutting in half if they are particularly thick. The brussels sprouts can be halved or quartered if large and the Tenderstem® stalks just need cutting into 2 or 3 smaller pieces.
2. Place the butter in a large sauté pan or wok over a medium-high heat. Once it has melted, add the chantenay carrots, brussels and sage. Sauté for about 5 minutes before adding the stock.
3. Bring to the boil and cook gently for a few minutes. Add the Tenderstem® and toss or turn all of the vegetables around in the pan for up to 5 minutes until they are all nicely tender.
4. Stir in the zest, season with salt and pepper and serve straight away.
5. You could add some finely sliced cooked chestnuts to the sauté towards the end of the cooking time for an even bigger festive flavour.

Merry
CHRISTMAS



Tenderstem®

