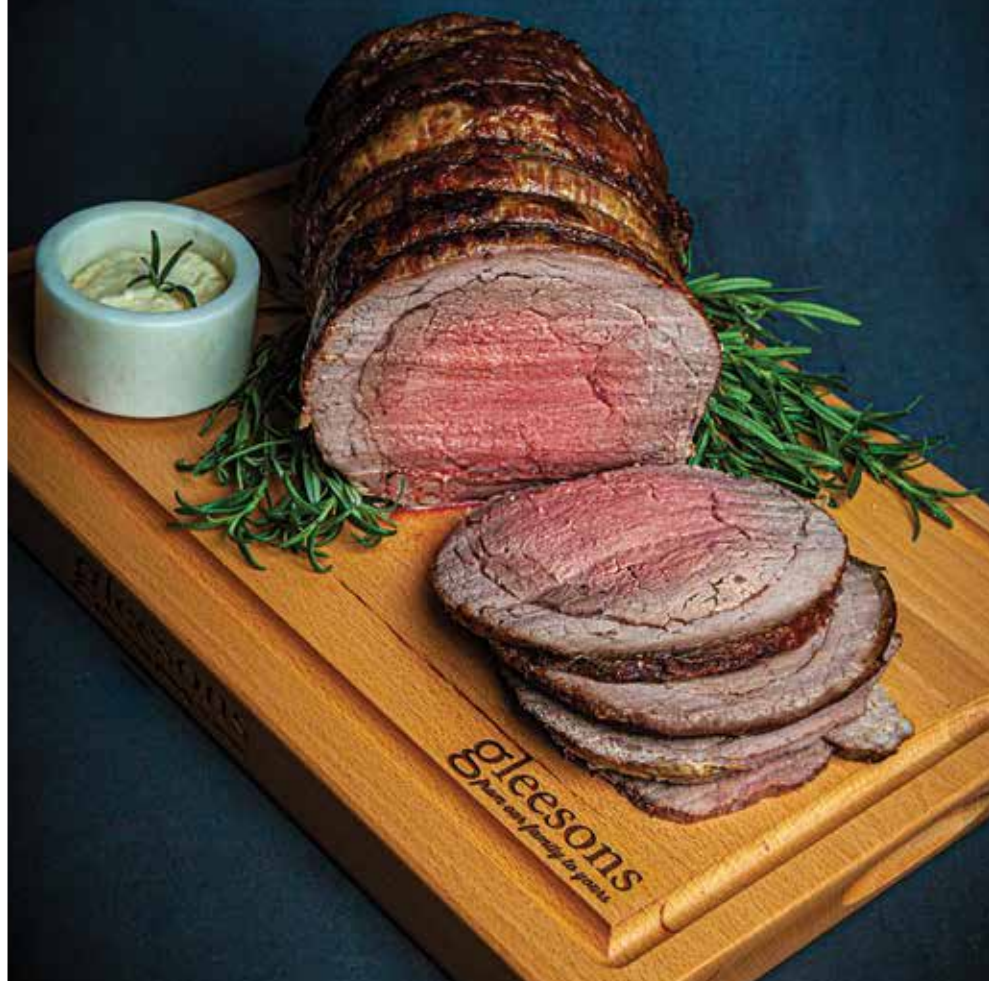


..... **HERE TO HELP**

**THE EXPERTS GUIDE
TO ROASTING MEAT!**



gleasons
from our family to yours

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HERE AT GLEESON BUTCHERS WE ARE VERY PROUD OF OUR QUALITY FRESH IRISH MEAT.

THE FIRST GLEESON'S BUTCHERS SHOP WAS OPENED BY PAT GLEESON SNR IN 1962. THE PEOPLE MAY HAVE CHANGED OVER THE YEARS, BUT THE LOVE FOR OUR CRAFT REMAINS THE SAME.

With 70 years experience in farming and butchery, our teams are some of the most experienced in the business. So many families, including our own, have been trusting Gleeson Butchers to help them choose the best roast for their families for years.

We can help you to create a delicious meal with the perfect roast chicken, 21 day matured roast beef, succulent turkey, duck or goose with crispy skin or try one of our legs of lamb. We also have a delicious selection of trimmings of potatoes, vegetables, stuffing, sauces and gravy.

THIS GUIDE WILL HELP YOU CREATE THE PERFECT ROAST DINNER, WHETHER IT'S FOR MID-WEEK, SUNDAY ROAST OR THE PERFECT CHRISTMAS FEAST.

LEG OF LAMB

SERVES 8



*The perfect Sunday roast or dinner party favourite!
100% Irish Lamb, always tender and succulent with lots
of flavour. At Gleeson Butchers we pride ourselves on
giving you the best lamb in Ireland!*

Place the leg of lamb on a roasting tray. Rub the meat with a little olive oil or butter, crushed garlic & chopped rosemary if desired.

Place in a preheated oven at 180°C and roast for 80-90 minutes or until cooked as desired.

For a Half Leg of Lamb roast for 50-60

minutes at 180°C. The lamb should be pink in the middle, tender and juicy. Use the juices in the tray to make a delicious gravy.

For cooking on the BBQ, ask our butchers to bone the lamb, marinate it in a marinade of your choice and cook on a high heat for 20-30 minutes.

ROAST CHICKEN

1.6KG SERVES 5-6



*Delicious Irish succulent roasting chicken.
Always a favourite!*

Remove the packaging and place chicken in a suitable roasting dish. Rub the breast with a little olive oil or butter, season and cover with foil.

Roast for approx. 90 minutes for a 1.6kg chicken or 1 hour for a 1kg chicken (20 min per 500g plus 20 min).

Remove the foil for the final 15 minutes of cooking to brown the skin. Ensure the chicken is cooked through before serving and enjoy!

For a stuffed chicken add 20 minutes to the cooking time and make sure that the meat is cooked thoroughly before serving

RIB ROAST ON (OR OFF) THE BONE 1KG OFF THE BONE SERVES 4



A premium beef roast for Sunday dinner or that special occasion. Our Rib Roast is the King of Roasts, cut from 28-day aged Angus beef, hand selected, it's guaranteed to be tender and delicious.

Preheat your oven to 220°C. Rub the beef all over with olive oil and season generously.

Place the beef in a large roasting tray skin side up (you may add some garlic and onion underneath if you wish).

Place it in the oven, after 10 minutes turn the heat down to 180°C & cook for 40 minutes per kg for medium, or as desired.

Use the juices in the pan to make delicious gravy!

SIRLOIN & STRIPLOIN ROAST BEEF

1KG SERVES 4



Premium beef roasts perfect for any occasion. These lean tender joints are cut from 28 day matured grass-fed Angus beef. We can guarantee the quality from farm to fork assuring you of the perfect roast.

Preheat your oven to 220°C. Rub the beef all over with olive oil and season generously. Place the beef in a large roasting tray (you may add some garlic & onion underneath if you wish).

Place it in the oven, turn the heat down to 190°C & cook for 40 minutes per kg for medium, or as desired. You can use the juices in the pan to make delicious gravy.

TOP RIB ROAST OR HOUSEKEEPERS CUT

1KG SERVES 4



This is a very popular roast with Gleeson's customers as it's lean and excellent value. Hand selected from our Irish Angus beef, this traditional roast is delicious cooked slowly. Here is a traditional pot roast recipe for you to try.

Preheat your oven to 160°C. Rub the beef all over with olive oil and season generously. Using a large casserole dish or roasting tray heat some oil and brown the meat really well to form a brown crust on all sides.

Remove the meat and add a chopped onion and 200ml of water to the dish, you may add a glass of white wine, other vegetables and some herbs too for extra flavour, if you wish.

Bring to the boil, season and then return the meat to the dish. Cover, place in the oven and cook for 2.5 - 3 hours. Check half way through cooking that you still have enough water in the bottom of the dish.

When cooked, remove the meat and leave to rest for 15 minutes before carving. Strain the cooking juice and use to make delicious gravy.

EYE OF THE ROUND ROAST BEEF

1KG SERVES 4



Roast beef is always a family favourite and this traditional cut is 28-day matured and hand selected for you at Gleeson Butchers. It's a very lean cut with no waste that's perfect for roasting and easy to carve.

Preheat your oven to 220°C. Rub the beef all over with olive oil and season generously. Place the beef in a large roasting tray (you may put some garlic & onion underneath if you wish).

Place it in the oven, turn the heat down

to 190°C & cook for 40 minutes per kg for medium, or as desired. You may use the juices from the pan to make delicious gravy.

Alternatively this is a perfect cut for a pot roast, recipe on page 8.

LOIN OF PORK

1.2KG SERVES 4



Our lean and tender loin of pork roast is easy to cook and carve with no waste. It's delicious served with Gleeson Butchers homemade stuffing.

Remove all of the packaging and place the roast in a baking tray. Season with oil (optional), salt & pepper and cover with foil. Cook in a preheated oven at 170°C for 60-70 minutes or until cooked through.

Remove the cover for the last 10 minutes of cooking time. This is delicious served with gravy and apple sauce.

For stuffed pork add 20 minutes to the cooking time and make sure that the meat is cooked thoroughly before serving.

If the pork comes in a cooking bag, roast it in the bag, on a roasting tray for 90-100 minutes at 160°C. Take care when opening the cooking bag as the juices will be very hot.

PORK STEAK

1 PORK STEAK SERVES 2



Also known as Pork Fillet, this is the pork equivalent of fillet steak! Pork fillet is tender and really delicious, especially when it's stuffed with Gleeson Butchers homemade stuffing. Simple to carve with no waste at all.

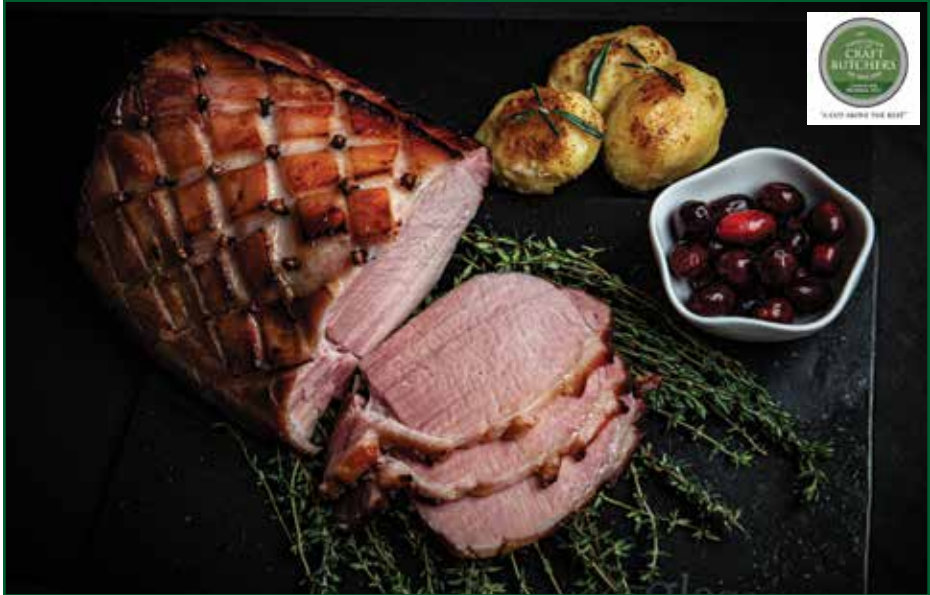
Preheat your oven to 180°C. Place the pork fillet on a baking tray and cover it with foil.

Cook for 25-30 minutes or until cooked through. Allow 10 minutes extra for stuffing.

Remove the foil for the last 5 minutes of cooking to brown the meat. Carve and enjoy with gravy and apple sauce!

HOME CURED HAM

1.4KG FEEDS 4-5



This boneless ham fillet is cured instore at Gleeson Butchers. It is now our most popular ham throughout the year and especially at Christmas. We have won 2 Craft Butchers of Ireland Awards with this family favourite! As it's mildly cured (low salt content) this ham does not need to be boiled, you simply roast it and carve, with no waste at all. We also offer a honey and brown sugar variety of our Homecured ham.

Remove the outer film, place the ham into a cooking tray and cover with foil. Roast at 180°C for 100-120 minutes for 1.4kg, or 140-150 minutes for 2.4kg. If the ham comes in a bag roast it in the bag in

a roasting tray at 180°C for 100 minutes for 1.4kg or 150 minutes for 2.4kg. Weights are approximate and every oven is different so please make sure that the meat is cooked through.

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DUCK

1.8-2.25 KG SERVES 3-4



Duck is a lot easier to cook than most people think. It's very versatile and if you are feeling adventurous there are a lot of delicious sauces that you can make to accompany duck.

Preheat the oven to 200°C. Remove packaging and place the duck, breast side up on a rack over a roasting tray.

Prick the skin all over with the tip of a sharp knife, without piercing the meat. This will allow the fat to run off. Season well and place the duck in the oven.

After 20 minutes reduce the heat to 180°C and cook for a further 2 hours. You can glaze the breast of the duck 20 minutes before the end of the cooking time if you wish.

After cooking, carefully pour off the excess fat from the tray and save for making roast potatoes.

GOOSE

5-5.5KG SERVES 8



Goose is packed with flavour, with rich, tender meat. It has a high fat content under the skin which melts during cooking and bastes the breast, keeping it juicy. It is a delicious traditional alternative to turkey at Christmas.

Preheat the oven to 200°C. Remove packaging and remove the fat from the cavity if present. Place the goose, breast side up, on a rack over a roasting tray.

Prick the skin all over with the tip of a sharp knife, without piercing the meat. This will allow the fat to run off. Season well, tightly cover with foil and place the

goose in the oven.

After 30 minutes reduce the heat to 180°C and cook for a further 2.5 - 3 hours. You can remove the foil from the goose 20 minutes before the end of the cooking time to brown the breast. After cooking, carefully pour off the excess fat from the tray and save for making roast potatoes.

BONELESS TURKEY BREAST

1KG SERVES 4



Delicious & healthy farm fresh turkey breast. Turkey has become a firm favourite with our customers as an alternative roast dinner.

Remove the film. Place the breast in a roasting tray, cover with foil and place in a preheated oven at 180°C.

If the turkey comes in a cooking bag, roast it in the bag in the foil tray for 90 minutes at 180°C.

Weights are approximate and every oven is different so please check that the juices run clear before serving.

Take care when opening the cooking bag as the juices will be very hot. Simply carve and enjoy hot or cold!

TURKEY CROWN

2KG SERVES 8



Delicious & healthy farm fresh turkey crown. Turkey has become a firm favourite with our customers as a Sunday roast dinner.

If the turkey comes in a cooking bag, roast it in the bag in the foil tray for 150 minutes at 180°C.

Weights are approximate and every oven is different so please check that the juices run clear before serving.

If cooking in foil you may remove the foil for the last 10 minutes of cooking time to brown the skin.

Take care when opening the cooking bag as the juices will be very hot. Simply carve and enjoy hot or cold!

**BONED AND
ROLLED TURKEY**

3.5KG SERVES 10-12



Our Boned & Rolled Turkey is a great choice for Christmas dinner. It comes in different sizes, depending on how many people you'll be cooking for. Remember you will want plenty for leftovers! The turkey is lean, boneless, breast meat so it's easy to carve with no waste.

Preheat the oven to 180°C. Remove all packaging and place the turkey in a roasting tray. Season the turkey and rub the skin generously with olive oil or butter, cover with foil.

If the turkey comes in a cooking bag, roast it in the bag in the foil tray for

180-200 minutes at 180°C. Weights are approximate and every oven is different so please check that the juices run clear before serving.

If cooking in foil you may remove the foil for the last 10 minutes of cooking time to brown the skin.

WHOLE TURKEY

4.5-5KG SERVES 8-10

5.5-6.5KG SERVES 10-12

7-9KG SERVES 14-18



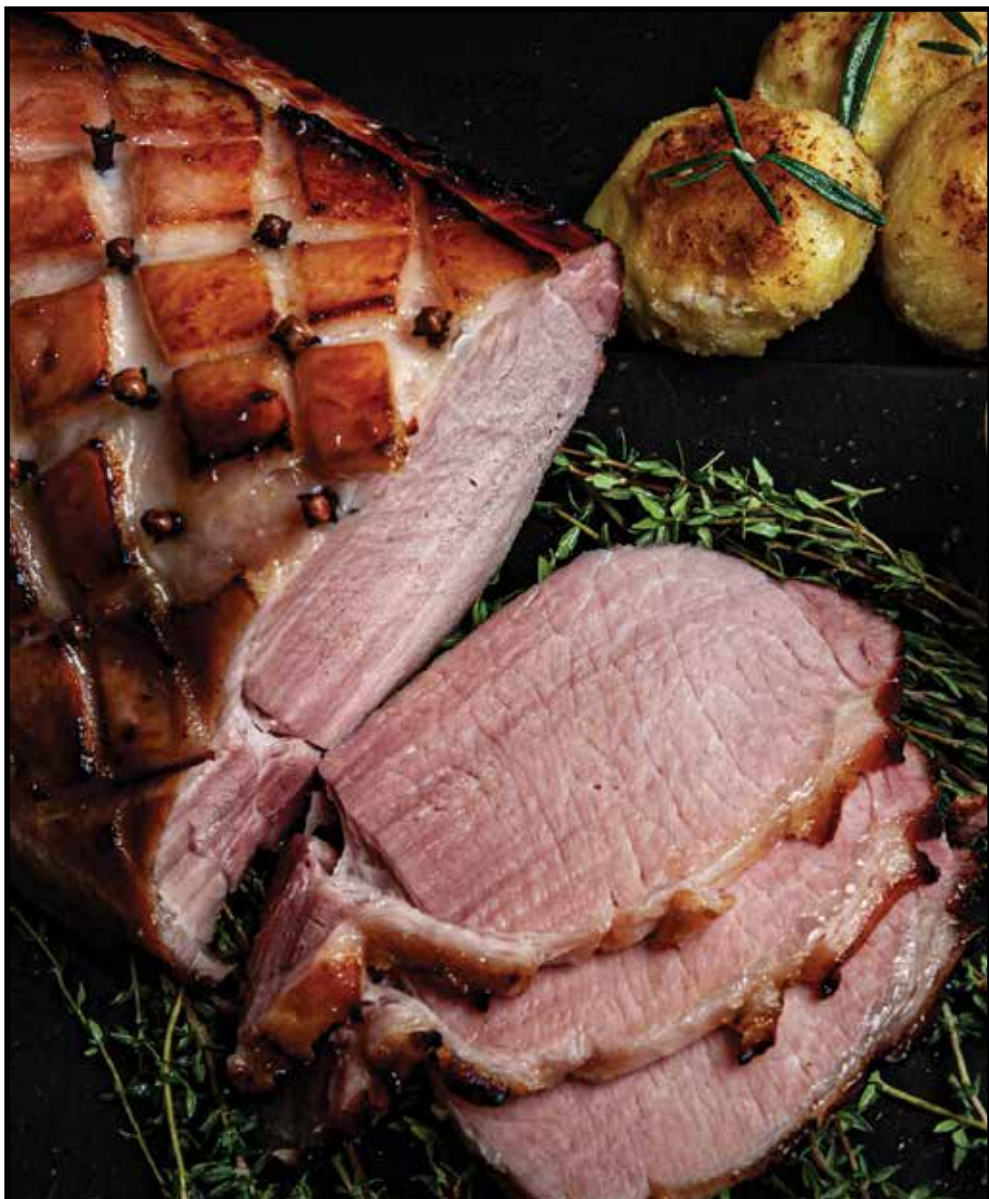
A Traditional Farm Fresh Turkey from Gleeson Butchers is a special treat. These turkeys are reared naturally which makes them especially succulent and flavoursome. Serve with a traditional Gleeson Butchers ham for a delicious feast!

Remove all packaging. Remove stuffing from plastic bag (if present) and place inside the turkey or in a separate oven proof dish wrapped in tinfoil.

Place the turkey in a roasting tin, breast side up, cover the breast with streaky rashers (optional) and cover the whole

turkey with foil. Place it in a preheated oven at 180°C and cook for 40 minutes per kilo.

Remove the foil for the last 15 minutes of cooking time to brown the skin. As all ovens vary please ensure that the turkey is fully cooked by checking that the juices run clear at the thickest point.



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