



# Complete Guide to Cooking the Perfect Boneless Turkey Butterfly

## Step 1: Preparation

- Remove your turkey from the fridge 1 hour before roasting so it reaches room temperature.
- Dry with kitchen paper.
- Keep the string it's tied with on – this helps hold its shape while roasting.

## Step 2: Seasoning & Flavour

- Rub generously with butter or olive oil.
- Season with salt, pepper, and herbs like rosemary, thyme, or sage.
- Optional: place a few slices of streaky bacon over the top to keep it moist and add richness.

## Step 3: Roasting Instructions

- Preheat oven to 180°C (Fan 160°C / Gas 4).
- Place the turkey on a rack in a roasting tray.
- Add a cup of water or stock to the bottom of the tray to keep it moist.
- Cover loosely with foil and remove it for the last 20–30 minutes so the skin can brown.
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| Weight | Boneless Turkey Butterfly Cooking Time |
|--------|----------------------------------------|
| 1kg    | 1 hrs 10 mins                          |
| 1.5kg  | 1 hrs 30 mins                          |
| 2kg    | 1 hrs 50 mins                          |
| 2.5kg  | 2 hrs 10 mins                          |
| 3kg    | 2 hrs 30 mins                          |
| 3.5kg  | 2 hrs 50 mins                          |

## Step 4 : Check it's Cooked

- Use a meat thermometer if available to ensure it has been cooked thoroughly.
- Breast (thickest part): 75°C
- Check that the juices run clear by piercing the thickest part of the turkey butterfly with a skewer – if the juices that come out are clear with no traces of pink, your turkey is fully cooked.

## Step 5: Rest Before Carving

- Let your turkey rest, covered loosely with foil, for 30–60 minutes. This helps the juices settle and keeps the meat moist and tender.

## Step 6: Carving

- Slice evenly across the grain for smooth, juicy slices.
- Serve with all the trimmings – roast potatoes, Bel's kitlies (pigs in blankets), Bel's stuffing, cranberry sauce and a rich turkey gravy.

## John's Tip

**"Roast your turkey butterfly on a bed of chopped onions, carrots, and celery"**

