



# How to Cook an Organic Turkey Breast

The easiest cut of turkey to cook and carve for smaller groups

Serves: 5

Prepare: 5 Minutes

Cook: 2 Hours 40 Minutes

Difficulty: easy

## Ingredients

- 3-4kg [organic turkey breast](#)
- salt
- pepper

## Method

1. Remove your bird from the fridge at least two hours before cooking to allow it to get to room temperature, we recommend leaving the netting on for cooking as it keeps the shape of the breast
2. Preheat your oven to 230°C/ 210°C fan
3. Sprinkle the turkey breast with salt and pepper and place in a deep bottomed roasting tray breast side down, cover loosely with tin foil
4. Cook the turkey breast at this temperature for the first 20 minutes, before reducing the heat to 190°C/ 170°C fan for the remaining time
5. Roast for approximately 40-45 minutes per kg
6. Everyone loves crispy skin, so remove your foil and turn your turkey breast on its back for the last 20-30 minutes of roasting time
7. Remove from the oven, cover loosely with foil and rest well before carving - to test when your turkey breast is done, pierce the thickest part of the thigh and check that the juices run clear (if you've got a thermometer, aim to remove the joint when it reaches an internal temperature of about 70°C)
8. Whilst resting, pour the juices from your roasting tray into a saucepan and reduce over a high heat to make the most delectable jus