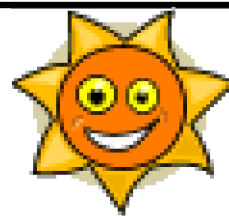




Cooking Times



Meats

Pork	25 minutes for 100 grams plus 30 minutes.
Beef	20 minutes for 100 grams plus 30 minutes.
Lamb	15 minutes for 100 grams plus 30 minutes.
Turkey	30 minutes per 250 grams plus 60 minutes.

Vegetables

Broccoli or Cauliflower	20 minutes in a saucepan
Runner Beans or Carrots	30 minutes in a saucepan
Garden peas	25 minutes in a saucepan
Parsnips	40 minutes in the oven
Sprouts & Swede	15 minutes in a saucepan
Potatoes	10 minutes in a saucepan and 1 hour in the oven

Other Times

Yorkshire Puddings take 20 minutes to cook
Putting the dinner on the plates and serving your
guests takes 5 minutes.
Gravy takes 5 minutes to thicken.

You MUST serve your guests at 3 p.m.,
as the Queen starts hers annual address to the
British Commonwealth of Nations