

Australian Christmas lunch planner

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Lunch on _____ at _____ Adults: _____ Kids: _____

	DISH	QUANTITY FOR THE TABLE	WHO BRINGS OR MAKES IT
Seafood			
Nibbles			
Mains			
Salads			
Bread			
Dessert			
Drinks, ice			

GUESTS: ALLERGIES, VEGETARIAN, GLUTEN-FREE, AND THE PLATE THEY BRING

MADE THE DAY BEFORE (24 DECEMBER)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

STAYS COLD UNTIL SERVING (FRIDGE OR ESKY)

- ☐ Out at _____ back by _____
- ☐ Out at _____ back by _____
- ☐ Out at _____ back by _____
- ☐ Out at _____ back by _____
- ☐ Out at _____ back by _____

AISLE	SHOPPING LIST	BUY ON
Seafood counter		
Deli and butcher		
Fruit and veg		
Dairy and eggs		
Bakery		
Pantry and baking		
Drinks and ice		

Example: a cold Christmas lunch for 10

Lunch on Friday 25 December at 1 pm Adults: 8 Kids: 2

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	DISH	QUANTITY FOR THE TABLE	WHO BRINGS OR MAKES IT
Seafood	Cooked king prawns, half peeled, seafood sauce; oysters with lime and chilli; smoked salmon on rye	2.5 kg prawns, 3 dozen oysters, 500 g salmon	Us (bought 23 and 24 Dec)
Nibbles	Cheese, crackers, cherries	400 g cheese, 1 kg cherries	Auntie Jo
Mains	Half leg ham, marmalade and mustard glaze; two cold roast chooks, tarragon mayo	4.5 kg ham on the bone, 2 chooks of 1.8 kg	Us (cooked evening of the 24th)
Salads	Kipfler potato and dill; green bean, capsicum and almond; rockmelon, mint and feta	One large bowl each	Us; bean salad by Sam (undressed)
Bread	Rolls and rye	15 rolls, 1 rye loaf	Dan
Dessert	Pavlova with mango, passionfruit and cherries; a second pav	Two 23 cm pavs, 600 ml cream, 6 mangoes	Us; second pav by Lee
Drinks, ice	Drinks esky and food esky; frozen water bottles	15 kg ice, 8 frozen bottles	Dan (ice on the 25th, 8 am)

GUESTS: ALLERGIES, VEGETARIAN, GLUTEN-FREE, AND THE PLATE THEY BRING			
1 Mum	2 Dad: no oysters	3 Auntie Jo: cheese and cherries	4 Sam: bean salad, gluten-free
5 Dan: bread and ice	6 Lee: second pav, vegetarian	7 Nan	8 Grandad
9 Kid: Ruby, loves prawns	10 Kid: Max, no seafood	Gluten-free: rye swapped for GF rolls for Sam; check the ham label. Lee: extra potato salad, haloumi on the side.	

MADE THE DAY BEFORE (24 DECEMBER)

☐ Ham glazed in the evening, cooled, back in its damp ham bag

☐ Two chooks roasted to 75°C, cooled in shallow dishes, fridge within 2 hours

☐ Potato salad made; dressings and seafood sauce in jars (since the 21st)

☐ Pavlova base baked on the 23rd, airtight container on the bench

☐ Eskies brought inside, chilled with a bag of ice overnight

STAYS COLD UNTIL SERVING (FRIDGE OR ESKY)

☐ Prawns, round 1: out at 12.30 pm, back by 2.00 pm (swap)

☐ Prawns and ham, round 2: out at 2.00 pm, back by 3.00 pm

☐ Oysters on crushed ice: out at 12.50 pm, finished or binned by 2.30 pm

☐ Potato salad and chicken mayo: out at 1.00 pm, back by 2.45 pm

☐ Cream whipped at 3.00 pm, pavlova topped just before serving

AISLE	SHOPPING LIST	BUY ON
Seafood counter	Cooked king prawns 2.5 kg; smoked salmon 500 g; oysters 3 dozen	Prawns, salmon Wed 23 at opening; oysters Thu 24
Deli and butcher	Half leg ham on the bone, 4.5 kg; 2 chickens of 1.8 kg	Ham ordered 4 Dec, collected Tue 22; chickens Wed 23
Fruit and veg	Kipfler potatoes 2 kg, onions, 3 capsicums, lemons, limes, 6 mangoes; beans 750 g, rockmelon, passionfruit, herbs; salad leaves	Hardy Tue 22; soft Wed 23; leaves Thu 24
Dairy and eggs	Eggs 1 dozen (pav whites); feta 200 g; butter 250 g; thickened cream 600 ml	Wed 23; cream Thu 24
Bakery	Rolls and rye (Dan), GF rolls for Sam	Thu 24
Pantry and baking	Caster sugar 1 kg, cornflour, white vinegar, mayonnaise, Dijon, marmalade, tomato sauce, Worcestershire, almonds	Sun 20
Drinks and ice	Drinks for 10; ice 15 kg; foil, zip-lock bags, ham bag, fridge thermometer	Drinks Sun 20; ice Thu 24 and 25 Dec, 8 am

Christmas lunch cheat sheet

How much for 4 to 16 adults

The 2 hour / 4 hour rule

The cold morning, back from 1 pm

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HOW MUCH TO BUY, BY NUMBER OF ADULTS

The classic cold table: prawns, ham, chooks, three salads, pavlova. Kids under ten eat about half, unless they are prawn kids. Buy prawns by unpeeled weight: head and shell are roughly half of it.

PER ADULT	4	6	8	10	12	16
Cooked king prawns, with ham and chicken 250 g	1 kg	1.5 kg	2 kg	2.5 kg	3 kg	4 kg
Cooked king prawns, seafood is the main 400 g	1.6 kg	2.4 kg	3.2 kg	4 kg	4.8 kg	6.4 kg
Oysters 3 or 4	12 to 16	18 to 24	24 to 32	3 dozen	36 to 48	48 to 64
Smoked salmon 50 g	200 g	300 g	400 g	500 g	600 g	800 g
Leg ham on the bone about 400 g before the bone	1.6 kg	2.4 kg	3.2 kg	4 to 5 kg	4.8 kg	6.4 kg
Cold roast chooks, 1.8 kg a quarter	1	2	2	2 to 3	3	4
Each of three salads about 3/4 cup	3 cups	4 1/2 cups	6 cups	7 1/2 cups	9 cups	12 cups
Bread rolls 1 to 2	6	9	12	15	18	24
Pavlova, 23 cm one serves 8 to 10	1	1	1	1, or 2 if hungry	2	2
Mangoes and cherries half a mango, 100 g	2 and 400 g	3 and 600 g	4 and 800 g	5 or 6 and 1 kg	6 and 1.2 kg	8 and 1.6 kg
Ice 1 kg for drinks, + 5 kg for the seafood	9 kg	11 kg	13 kg	15 kg	17 kg	21 kg
Wine, upper limit 1/2 bottle (NHMRC)*	2 bottles	3 bottles	4 bottles	5 bottles	6 bottles	8 bottles

*NHMRC guideline for healthy adults: no more than 4 standard drinks on any one day. A 750 ml bottle of 13% wine holds about 7.7 standard drinks, so half a bottle per drinking adult is the ceiling, not a target. For 10, freeze 6 to 8 water bottles on the 20th: ice blocks first, cold water later.

25 DECEMBER, WORKED BACK FROM 1 PM

Thu 24, eve.	Eskies inside with a bag of ice to chill the walls. Frozen prawns from freezer to fridge, in a colander over a bowl. Cooked food chilled within 2 h, shallow dishes
8.00 am	Fridge thermometer: 5°C or below. Ice bought now, before the servo freezers run out
9.00 am	Drinks out of the fridge into the drinks esky or the laundry sink with ice
10.30 am	Half the prawns peeled, clean hands, straight back into the fridge, covered. Seafood sauce mixed
11.30 am	Ham sliced for round one only, back in the fridge under wrap. Potato and bean salads dressed; leaves stay undressed
12.30 pm	Platter on crushed ice, in the shade, half the prawns. The 2 hour clock starts
12.50 pm	Oysters out, last
1.00 pm	Lunch. Write the time on a sticky note on the fridge door
2.00 pm	Swap: fresh prawns and ham on clean plates. Round one (1 1/2 h out) back in the fridge
3.00 pm	Every perishable off the table. Cream whipped, pav topped, dessert
4.00 pm	Leftovers in shallow containers in the fridge; ham back in its damp cloth

Esky: ice at the bottom, food in the middle, ice on top, in the shade, lid shut. The drinks esky gets opened all day; the food esky twice.

THE 2 HOUR / 4 HOUR RULE (FSANZ)

Total time between 5°C and 60°C, prep and the car trip included.

- Under 2 h** Use it, or put it back in the fridge
- 2 to 4 h** Use it now; it cannot go back in the fridge
- 4 h +** Throw it out

Food Safety Information Council: cooked prawns and smoked salmon, 2 hours out in summer heat at most. Cooked chicken or turkey: 75°C in the thickest part.

HOW LONG IT KEEPS

- 1 to 2 days** ahead is when to buy fresh seafood (Wed 23 at opening); oysters the day before (Thu 24)
- 6 to 8 mo.** Frozen prawns below minus 18°C. Thaw in the fridge overnight; never refreeze
- 2 to 3 days** Cooked seafood leftovers in the fridge, if they went straight back in; 3 months frozen
- Several weeks** Leg ham under a cloth soaked in 1 litre of water + 2 tablespoons of vinegar, changed every 3 days, at 5°C or below. Reduced-salt: less, check the label
- 3 months** Frozen ham leftovers, and the bone for pea and ham soup