



Jean-Christophe Novelli tells us how to prepare for Christmas dinner

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Brits still unsure of how to cook Christmas dinner

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A third of the nation still have no idea how to cook a traditional turkey dinner, according to new research.

The news comes as one in five British adults claim to start planning for **Christmas** from today.

The poll, of over 2,000 adults, also found that 26 per cent of people admit to relying on their mother's culinary skills, calling them directly for advice compared to only three per cent who would rely on the internet.

Meanwhile, one in six men agreed that they would only trust their mother to make the best stuffing on **Christmas Day**.

For those tasked with hosting duties over **Christmas** a remarkable 20 per cent of women struggle to sleep each **Christmas Eve**, with the worry and pressure of cooking and entertaining for family and friends. Unsurprisingly then that one in ten people will give up entirely and choose to eat out this **Christmas Day**.

With certain **Christmas** traditions taking a back seat, it seems some tastes never change as one in five people would happily ban the staple Brussels sprout from the dinner table completely, citing it as their least favourite part of the meal.

One in ten people will even spend as much as £200 on **Christmas** dinner while one in eight will go over the top by catering for their pet, cooking a special meal to enjoy with the rest of the family.

Although not surprised by the findings, Jean-Christophe Novelli, is undeterred in his mission to encourage people into the kitchen.

"It's great to see our appetites for food and drink based TV programmes, magazines and blogs grow and grow but what's actually happening in our kitchens? We are tuning in but turning off and the pressures around **Christmas** won't help encourage people to have a go at showcasing what they know they can do.

"With two months to prepare, my advice for those who are unsure how to cook a **Christmas** dinner is to choose a dish and practice practice practice. You have two months to perfect it and what's great gift for somebody special."

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