TURKEY TALK

A Food Preparation & Safety Guide

CREATE BETTER HEALTH.

FOOD SAFETY

Perishable foods, such as poultry, should not be out of the refrigerator more than 2 hours. Do NOT leave perishable cooked foods out all day for "grazing." Incidents of food-borne illness increase during the holiday season. Remember that young children, the elderly, and pregnant women are the most at-risk for food-borne illness.

Use soap and warm water to wash hands, utensils, sink, and anything else that has been in contact with the raw turkey.

You can also sanitize utensils, sink, countertops, etc., with a chlorine bleach solution of 2 Tbsp per gallon of water.

Extension
UtahStateUniversity.

For more information on food preparation and food safety, contact your local **Utah State University Extension** office.

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THAWING

So, you have a frozen turkey, now what do you do with it? There are a few ways to safely thaw your turkey. Make sure to allow enough time to completely thaw it.

Thawing Time in the Refrigerator (40ºF or below)

Approximately 24 hours per 5 pounds (whole turkey). After thawing, keep turkey refrigerated for no more than 1-2 days.

Thawing Time in Cold Water

Approximately 30 minutes per pound (whole turkey). Change water every 30 minutes to maintain cold temperature. Cook immediately after thawing.

Thawing in the Microwave

Microwave thawing is safe if the turkey is not too large for the oven. Check the manufacturer's instructions for the size of turkey that will fit into your oven, the minutes per pound, and the power level for thawing. Cook immediately after thawing.

ROASTING

Now it's time to roast the turkey.

1. Preheat oven temperature to no lower than 325ºF.
2. Place turkey breast-side up on a rack in a shallow roasting pan.
3. If you choose to stuff your turkey, fill the cavity loosely. Cook the turkey immediately.
4. Use the following chart for the approximate time to cook your turkey. The times are for thawed turkey in an oven at 325ºF.

POUNDS	UNSTUFFED	STUFFED
8 - 12 lbs	2 3/4 - 3 hrs	3 - 3 1/2 hrs
12 - 14 lbs	3 - 3 3/4 hrs	4 - 4 1/4 hrs
14 - 18 lbs	3 3/4 - 4 1/4 hrs	4 1/4 - 4 3/4 hrs
18 - 20 lbs	4 1/4 - 4 1/2 hrs	4 1/4 - 4 3/4 hrs
20 - 24 lbs	4 1/2 - 5 hrs	4 3/4 - 5 1/4 hrs

5. Test the thickest part of the thigh with a meat thermometer to see that it reaches a minimum of 165ºF. If you do not have a meat thermometer, make sure that the turkey's pop-up thermometer has popped.