



## Turkey Tips

### THAWING

- Do not thaw turkey on the counter top at room temperature.
- Thaw turkey one of two ways:
  - \*Cold Water Method: Fill sink with cold water. Make sure turkey is in leak-proof bag. Submerge turkey. Thaw approximately 30 minutes per pound (whole turkey). Change water every 30 minutes to maintain cold temperature. Cook immediately.
  - \*Refrigerator Method: Place the turkey in a container or pan. Place on bottom refrigerator shelf. This will prevent cross contamination to other food in the refrigerator. Thaw approximately 24 hours per 5 pounds (whole turkey). After thawing keep turkey refrigerated only for 1-2 days.
  - \*\* Avoid cross contamination by washing hands, utensils, sink and anything else that has been in contact with the raw turkey with soap and warm water or a mild bleach/water solution.

### ROASTING

1. Preheat oven to 325° F.
  2. Drain turkey juices and pat dry with clean paper towels.
  3. Place turkey breast side up on a flat rack in a shallow roasting pan 2 to 2½ inches deep. If you don't have a roasting rack, crumple aluminum foil into a coil or use vegetables like carrots to keep your turkey off the bottom of the pan.
  4. Turn the wings back to hold the neck skin in place. (Tucking the wings will help stabilize the turkey in the pan and when carving)
  5. Brush or spray skin lightly with vegetable or cooking oil for best appearance. Insert an oven-safe meat thermometer deep into the lower part of the thigh without touching the bone. A 12-14 pound turkey should take approximately 3-4 hours of roasting time.
  6. When the thigh is up to temperature, and if the turkey is stuffed, move the thermometer to the center of the stuffing. Place your turkey in the oven. When the turkey is about ¾ done, loosely cover the breast with a piece of foil to prevent overcooking.
  7. Your turkey is done when the temperature with a meat thermometer is 180° F in thigh and 170° F in breast or stuffing.
  8. Lift turkey onto platter, and let stand for 15 minutes before carving.
- \*Refrigerate leftovers within two hours and consume or freeze leftover turkey within 3-4 days.