

ADDITIONAL ROASTING HINTS

(1) Tuck wing tips back under shoulder of bird, called "akimbo", before roasting for easier carving afterwards.

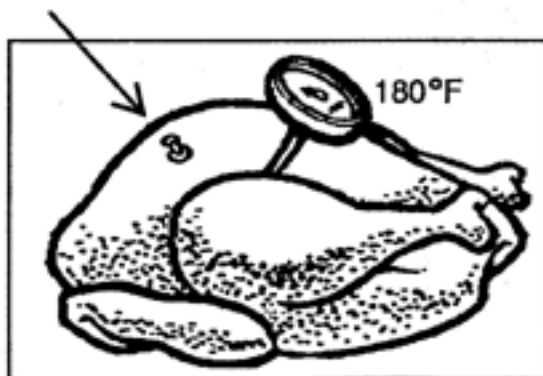
(2) Add one-half cup of water to the bottom of the pan.

(3) In the beginning, a loose tent of aluminum foil may be placed over the turkey for the first 1 to 1-1/2 hours, then removed for browning. Make sure the foil does not block the pop-up timer.

(4) Or a tent of foil may be placed over the turkey after the turkey has reached a golden brown.



(5) Check periodically to see if the pop-up timer has activated, indicating the bird has reached final temperature for safety and doneness.



(6) Or an instant-read meat thermometer may be used periodically to check the internal temperature during cooking. The turkey is done when the internal temperature of the breast is 170°F, the thigh 180°F, and the center of the stuffing 165°F. After each use wash the stem section of the thermometer thoroughly in hot, soapy water.

(7) Or an oven proof thermometer may be placed in the thigh of the turkey before roasting to check the internal temperature at intervals during cooking.

HOW TO MAKE TURKEY BROTH

Salt-Free Turkey Broth

- 1 turkey carcass
- 3 whole onions
- 3 carrots, cut in chunks
- 5 to 10 cloves fresh garlic
- 2 sprigs parsley
- 1 bay leaf
- 1 teaspoon basil
- 1 teaspoon thyme

Cover turkey carcass with water, breaking up the carcass as necessary to fit stock pot or heavy casserole. Add all ingredients and simmer 2 to 3 hours. Cool stock and chill to solidify fat. Skim off fat and reheat stock (uncovered), boiling until it is reduced by half. Cool and freeze broth in ice cube trays. Transfer to a plastic bag and store in the freezer.

Use cubes as a seasoning ingredient in cooked vegetable dishes, meat gravies and sauces, casseroles, and as the base for a nourishing vegetable soup.

This brochure is provided compliments of

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Protocol and research for this brochure was directed by the United States Department of Agriculture and the National Turkey Federation.

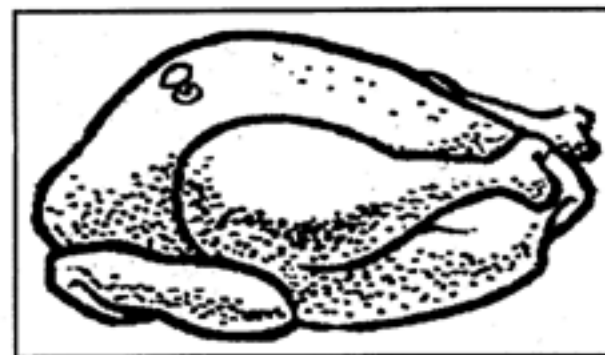
Take the Guesswork Out of Roasting a Turkey

Frozen or Refrigerated?

Choose the type of turkey that best meets your individual needs:

Frozen turkeys are flash frozen to 0°F or below. They can be purchased in advance whenever it is most convenient or when they are on sale.

Refrigerated turkeys are quickly cooled to 24-26° F and rushed to the store. Refrigerated turkeys are convenient because they do not need to be thawed. They require special handling to assure you the best possible quality and flavor.



BUYING A TURKEY

FROZEN:

Allow 1 lb. per person. Buy anytime, but keep frozen until 1-5 days before cooking. (See "Thawing a Turkey" below)

FROZEN PRE-STUFFED:

Allow 1-1/4 lbs. per person. Buy anytime. Keep frozen until ready to cook. **DO NOT THAW! NEVER BUY A "FRESH" PRE-STUFFED TURKEY!**

REFRIGERATED:

Allow 1 lb. per person. Buy 1-2 days before cooking.

THAWING A TURKEY

IN THE REFRIGERATOR (40° F):

Approximately 24 hours per 5 lbs. of whole turkey.

8 to 12 lbs.	1 to 2 days
12 to 16 lbs.	2 to 3 days
16 to 20 lbs.	3 to 4 days
20 to 24 lbs.	4 to 5 days

IN COLD WATER:

Approximately 30 minutes per pound of whole turkey. Change water every 1/2 hour.

8 to 12 lbs.	4 to 6 hours
12 to 16 lbs.	6 to 8 hours
16 to 20 lbs.	8 to 10 hours
20 to 24 lbs.	10 to 12 hours

After thawing, remove neck and giblets from the neck and body cavities, rinse turkey inside and out with cold water, and drain well. Thawed turkey may remain in refrigerator 1-2 days.

Thawing in the microwave is not recommended.

ROASTING A TURKEY

TIMETABLE FOR REFRIGERATED OR THAWED TURKEY AT 325° F:

These times are approximate and should always be used in conjunction with a pop-up timer or properly placed thermometer.

Unstuffed:

8 to 12 lbs.	2-3/4 to 3 hours
12 to 14 lbs.	3 to 3-3/4 hours
14 to 18 lbs.	3-3/4 to 4-1/4 hours
18 to 20 lbs.	4-1/4 to 4-1/2 hours
20 to 24 lbs.	4-1/2 to 5 hours

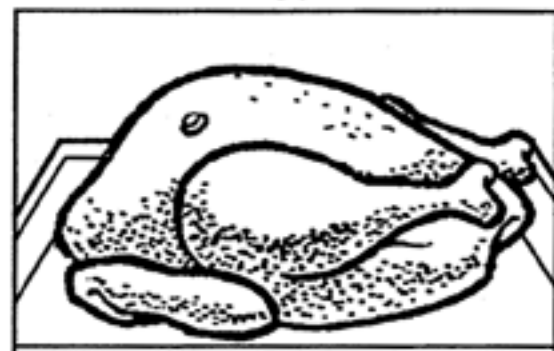
Stuffed:

8 to 12 lbs.	3 to 3-1/2 hours
12 to 14 lbs.	3-1/2 to 4 hours
14 to 18 lbs.	4 to 4-1/4 hours
18 to 20 lbs.	4-1/4 to 4-3/4 hours
20 to 24 lbs.	4-3/4 to 5-1/4 hours

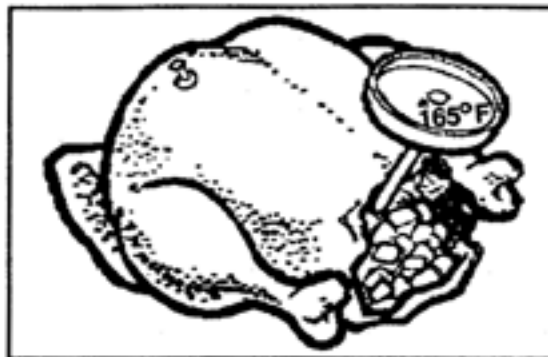
ROASTING INSTRUCTIONS:

(1) Set the oven temperature no lower than 325° F.

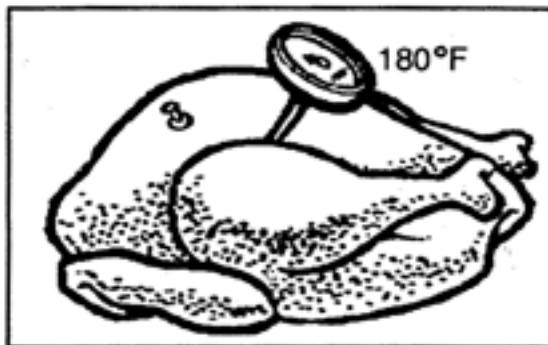
(2) Place turkey breast-side up on a rack in a shallow roasting pan.



(3) It is recommended to cook stuffing outside the bird, in a casserole dish, or on the stove top. But if stuffed, stuff the body and neck cavities loosely.

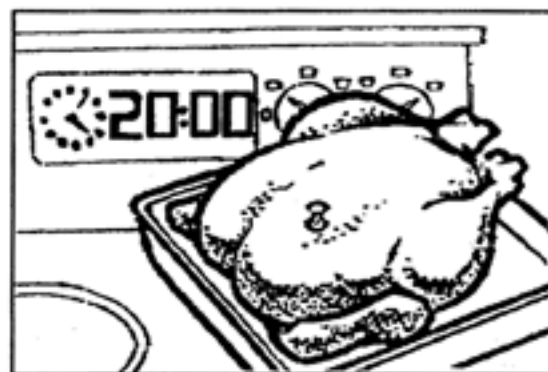


(4) For safety and doneness, the pop-up timer in the breast should have popped, or the internal temperature registered on a meat thermometer should reach a minimum of 180° F in the thigh before removing from the oven. The center of the stuffing should reach 165° F after stand time.



(5) Juices should be clear.

(6) Let the turkey stand 20 minutes before removing stuffing and carving.



Wash hands, utensils, sink, and anything else that has contacted raw turkey with hot, soapy water!

STORING LEFTOVERS

Debone turkey and refrigerate all leftovers in shallow containers within 2 hours of cooking. Use leftover turkey within 3-4 days, stuffing and gravy within 1-2 days, or freeze these foods.

Reheat thoroughly to a temperature of 165° F or until hot and steaming.

ROASTING A TURKEY BREAST

TIMETABLE FOR REFRIGERATED OR THAWED TURKEY BREAST AT 325° F:

These times are approximate and should always be used in conjunction with a pop-up timer or properly placed thermometer.

4 to 6 lbs.	1-1/2 to 2-1/4 hours
6 to 8 lbs.	2-1/4 to 3-1/4 hours

ROASTING INSTRUCTIONS:

(1) Set the oven temperature no lower than 325° F.

(2) Place turkey breast on a rack in a shallow roasting pan.

(3) For safety and doneness, the pop-up timer should have popped, or the internal temperature registered on a meat thermometer should reach a minimum of 170° F in the thickest part of the breast before removing from the oven.

(4) Juices should be clear.

(5) Let the breast stand 20 minutes before carving.