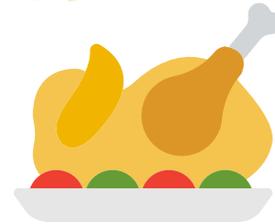


Turkey Tips



→ Buying Turkey

- Buy 1 pound of turkey per person

→ Thawing

There are different ways to safely thaw a turkey. Do not thaw a turkey at room temperature because bacteria will multiply quickly and make you sick.

- Refrigeration
 - The fridge temperature should be at or below 40°F.
 - Keep the turkey in its original wrapping then place it into a large pan or container to prevent juices from getting on to other foods.
 - Plan a few days ahead. Allow approximately 24 hours for every 4-5 pounds of turkey.
 - For example if you bought a 12-pound turkey, allow 3 days for the turkey to thaw completely.
- Microwave
 - Remove all the wrapping before putting it in the microwave.
 - Cook the turkey immediately after it is thawed.
 - Do not put it back in the refrigerator.
- Fast Thaw Method
 - Keep the turkey in its original wrapping and put it in an ice chest or in a clean sink.
 - Do not put the turkey in a bathtub.
 - Cover the turkey with cold water.
 - After it has thawed completely, refrigerate or cook.

→ Preparation

- Remove the wrapping, but do not wash the thawed turkey.
- Wash your hands in warm soapy water for 20 seconds before and after touching the raw turkey.
 - Sanitize the area where you are preparing the turkey.
- Remove the turkey's insides (neck and giblets) from within the body cavity.
- The "pop-up" tool should be placed into the thickest part of the breast before going into the oven.

→ Cooking & Temperature

- The oven should not be below 325°F.
 - Bacteria can survive at lower temperatures.
- Place the turkey on a clean tray or pan to catch the juices lost when cooking.
- The internal temperature must reach 165°F in order to be safe to eat.
 - Use a meat thermometer to check the internal temperature.
 - Insert the thermometer into the thickest part of the breast.
 - The “pop-up” tool is not always accurate.
- The amount of time to cook the turkey depends on the size.
- The chart states the approximate amount of time it takes for the turkey to cook.
 - There are many factors that can change the amount of cooking time.
 - Your turkey may take longer than the times below.



Weight of Turkey (Pounds)	Amount of Time for Unstuffed Turkey (Hours)
8 - 12	2 hr 45 min - 3 hr
12 - 14	3 hr - 3 hr 45 min
14 - 18	3 hr 45 min - 4 hr 15 min
18 - 20	4 hr 15 min - 4 hr 30 min
20 - 24	4 hr 30 min - 5 hr

→ Storing Leftovers

- Any leftover turkey should be refrigerated within 2 hour of serving.
 - Place into shallow containers to stop bacterial growth.
- All leftovers should be eaten within 3-4 days.
- The turkey can also be stored in the freezer for up to 2-6 months in sealed containers.