

TALKIN' TURKEY

A Guide to Poultry Preparation & Food Safety

Properly Prepare Poultry

Wash your hands with warm water and soap for at least 20 seconds before and after handling raw poultry or eggs.

Prevent cross-contamination by keeping raw poultry and eggs away from other foods.

Remove giblets from turkey cavities after thawing and cook separately.

After cutting raw meat, wash cutting board, knife and countertops with hot soapy water.

Sanitize cutting boards by using a solution of 1 tablespoon chlorine bleach in 1 gallon of water.

Use a food thermometer to ensure poultry has reached the safe internal temperature of at least 165° F to kill foodborne germs that might be present, including avian influenza viruses.



Thawing Your Turkey

There are three ways to thaw your turkey safely:

- In the refrigerator (40 ° F or lower) – Allow approximately 4 hours for every 4-5 pounds. Keep turkey in its original wrapper and place in a pan to catch any juices that may leak. A thawed turkey can be refrigerated for 1-2 days.
- In cold water – Allow approximately 30 minutes per pound. Wrap your turkey so the water does not leak through the wrapper. Change water every 30 minutes. Cook immediately after thawing. Do not refreeze.
- In the microwave oven – Check your owner's manual for the size turkey that will fit in your microwave, the minutes per pound, and power level to use.

Remove all wrapping and place in a dish to catch juices that may leak. Cook immediately

Roasting Your Turkey

- Set your oven temperature to 325°.
- Place turkey on a rack in a shallow pan.
- For optimum safety, stuffing is not recommended.
- If your turkey has a “pop-up” indicator, it is recommended that you also check the internal temperature. The minimum temperature should reach 165° for safety.
- Let turkey stand for 20 minutes before carving.

Timetable for Turkey Roasting

With the oven temperature set at 325 degrees, roast your thawed turkey using the following table. It is safe to cook a turkey from the frozen state. The cooking time will take at least 50% longer than what is recommended for thawed turkey.

<u>Pounds</u>	<u>Hours</u>
4- 8 lbs.....	1½ to 3 ¼ hours
8-12 lbs.....	2¾ to 3 hours
12-14 lbs.....	3 to 3 ¾ hours
14-18 lbs.....	3¾ to 4 ¼ hours
18-20 lbs.....	4¼ to 4 ½ hours
20-24 lbs.....	4½ to 5 hours

Always use a thermometer to check the internal temperature to make sure it reaches at least 165 degrees.



Cooking Tips

Tuck wing tips under the shoulders of the bird for even cooking.

Add ½ cup of water to the bottom of the pan.

If your roasting pan does not have a lid, you may use a tent of heavy foil over the bird for the first 1 to 1 ½ hours. This allows for maximum heat circulation, keeps the bird moist, and reduces splatter.

Use a food thermometer to make sure the bird has reached a safe minimum temperature of 165 degrees Fahrenheit. For turkey breasts, place thermometer in the thickest part. For whole birds, place thermometer in the thickest part of inner thigh.

Storing Leftovers

Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 degrees.

Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers.

Use refrigerated poultry and stuffing within 3-4 days. Use gravy within 1-2 days.

Use frozen leftovers within 2-6 months for best quality.

