

Turkey Tips!

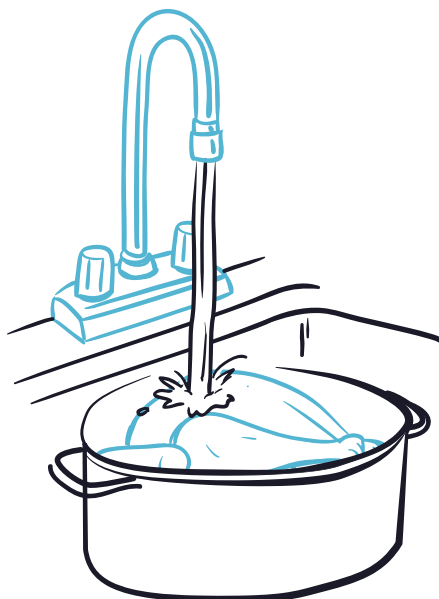


Wash your hands with hot soapy water before and after handling all foods!

Thaw turkey first

Never thaw a turkey on the kitchen counter. This can cause food poisoning. Leave the turkey in the plastic wrap. Pick one of these 2 ways to thaw your turkey:

In Cold water: This way is fastest! In the sink or a very deep container, cover turkey completely with cold water. Defrost in cold water for 2 hour for every kilogram. Change the cold water often (every 30 minutes).



In Refrigerator: Thaw by placing the turkey on a tray in the bottom of the refrigerator. Make sure raw meat juices do not touch ready-to-eat food.

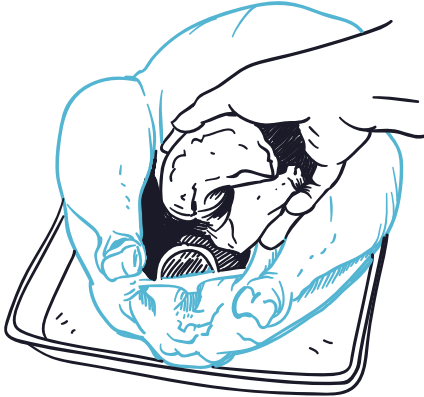
Turkey size	Thawing time in refrigerator
3-5 kg	2 to 3 days
5 to 7kg	3-3 ½ days
7 to 8 kg	3 ½ -4 ½ days
8 to 9kg	4 ½ - 5 days

*** If you buy a "pre-stuffed turkey":** Do NOT thaw! The label will say to put frozen turkey in oven. It will tell you the temperature and cooking time.

Before you cook

Wash hands in hot soapy water.

Remove plastic wrap from the thawed turkey. Remove neck and bag of organ meat from inside the turkey. There is no need to rinse the turkey.



Cooking a turkey

Set the oven to 325°F.

Roast uncovered or loosely covered with foil.

Colour alone is not a reliable indicator that meat is safe to eat. Cook whole poultry until the thickest part of the breast or thigh is **82°C (180°F)**! Use a metal thermometer to ensure proper temperature.

Cleaning up after

Wash hands in hot soapy water after done touching the raw turkey.

Wash all dishes and surfaces used for raw turkey with hot soapy water.

Weight of Turkey	Cooking Time if stuffed	Cooking Time if unstuffed
5 to 8 kilograms	3 to 3-1/2 hours	3-3/4 to 4-1/2 hours
8 to 10 kilogram	3-1/2 to 4 hours	4-1/2 to 5 hours
10 to 11 kilograms	4 to 4- 1/2 hours	5 to 5-1/2hours
11 to 13 kilograms	4- 1/2 to 5 hours	5-1/2 to 6-1/4 hours



Poor food handling practices at home are more common than most people think. Follow these safety tips when preparing food to help protect you and your family from food-borne illnesses. For more information, please contact your regional Environmental Health Officer.

www.gov.nu.ca/environmental-health