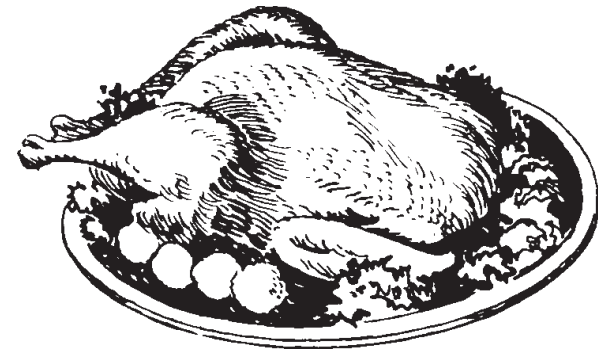


**Wisconsin
Nutrition
Education
Program**

USING COOKED TURKEY

For delicious and safe turkey:

- Keep turkey meat hot or cold. Do not leave turkey meat at room temperature for more than 2 hours because bacteria can grow to dangerous levels.
- If stuffing was cooked inside the turkey, remove all stuffing from inside the turkey immediately after cooking. Keep stuffing hot or cold. Do not let it stand at room temperature for more than 2 hours.
- Remove cooked turkey from the bones and store in the refrigerator in a covered container. Use refrigerated turkey meat within 3 to 4 days. Cooked turkey can also be frozen.
- Make a broth from turkey bones and scraps. Place bones and scraps in a large pot and cover with water. Bring to boil; simmer for about 3 hours. Remove bones and refrigerate broth. When broth is cold, skim fat off the top and throw it away. Use broth for soup. Freeze broth if not used within 3 days.
- Cooked turkey can be used in any recipe that calls for cooked chicken. Cooked turkey can also be used in many recipes calling for ground beef or other meats.



Turkey

Turkey is nutritious, low in cost and easy to cook.

Follow these instructions:

THAW

Keep turkey cold while thawing. Use one of these methods:

1. No hurry: Thaw in refrigerator. Leave turkey in original wrapping; place on tray and put in refrigerator. Allow to thaw for 3-4 days; allowing about 5 hours per pound of turkey to completely thaw.
2. Fast thaw: Thaw in cold water. Leave turkey in original wrapping. Cover with cold water in large clean sink. Change water as often as needed to keep cold. It takes about half an hour for each pound of turkey to thaw.

Never thaw a turkey on the kitchen counter! Parts of the turkey could become warm enough for bacteria to grow to dangerous levels.

PREPARE TO COOK

Raw turkey may have bacteria on it. Wash your hands, sinks, counters, knives and dishes with soap and hot water after working with raw turkey. Keep raw turkey and its juices away from cooked and ready-to-eat food. Follow these steps to prepare a turkey for cooking:

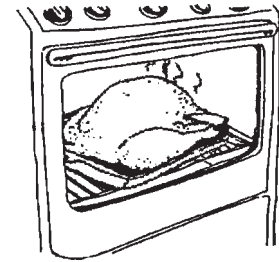
1. Remove wrapper from the turkey. Remove the bag of giblets from inside the turkey.
2. Cut off large pieces of fat.
3. If a meat thermometer is not available, cook stuffing in a casserole. If you are putting stuffing in the turkey, stuff it loosely just before putting the turkey in the oven.

COOKING THE TURKEY

The turkey can be roasted in the oven or cooked in water on the stove. **Never partially cook a turkey and finish cooking later.** Use one of the following cooking methods.

In the oven:

1. Preheat oven to 325°.
2. Place turkey breast-side up in a large pan.
3. Timetable for roasting:



| Weight of turkey (pounds) | Roasting Time in Hours | |
|------------------------------|------------------------|----------------|
| | Unstuffed | Stuffed |
| 8 to 12 | 2-3/4 to 3 | 3 to 3-1/2 |
| 12 to 14 | 3 to 3-3/4 | 3-1/2 to 4 |
| 14 to 18 | 3-3/4 to 4-1/4 | 4 to 4-1/4 |
| 18 to 20 | 4-1/4 to 4-1/2 | 4-1/4 to 4-3/4 |
| 20 to 24 | 4-1/2 to 5 | 4-3/4 to 5-1/4 |

Test for doneness: Poke the thigh muscle with a fork. Juices will be clear and no longer pink when the turkey is done. If you have a meat thermometer, place it in the thickest part of the thigh and cook the turkey until the temperature of the meat reaches 180-185°F. The temperature in the center of the stuffing should reach 165°F.

On the stove top:

1. Cut turkey into pieces and place in a large pot.
2. Cover with water.
3. Bring to a boil.
4. Turn down heat and simmer at a low temperature until meat is done.

