

The Six Minute Turkey

Six minutes. That's no time at all, but all it takes to prepare a turkey for roasting. Ready, here we go! 1- Remove plastic wrap from thawed turkey. 2 - Remove giblets and neck from body cavities. 3- Rinse turkey inside and out, pat dry with paper towel. Return legs to hock-lock. 4 - Place turkey, breast side up on a rack in a pan with 2-inch or greater sides. (Do not allow the sides of the turkey to touch the pan.) 5- Season if desired. 6 - Cover with aluminum foil or pan cover. Place in 325 degree F. oven and roast according to time in chart below.

TURKEY ROASTING TIMES

(Approximate Timetable for Roasting a Turkey at 325 degrees F.)

<u>Weight</u>	<u>Unstuffed</u>	<u>Stuffed</u>
8 to 12 pounds	2 3/4 to 3 hours	3 to 3 1/2 hours
12 to 14 pounds	3 to 3 3/4 hours	3 1/2 to 4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 1/2 to 5 hours	4 3/4 to 5 1/4 hours

Before we start our 6-minute turkey let's cover some basics. Purchasing your turkey. Figure one pound for every guest you have. This will give you some leftovers. Do you want a fresh or frozen turkey? Fresh turkeys are held at a temperature above 26° F. so they may be hard to the

touch and require some thawing prior to cooking. Once you have the turkey home refrigerate it at 35-40° F. When the turkey is soft to the touch it can safely remain in the refrigerator for 2 days. Cost of fresh turkeys may be slightly more due to special handling required by the store and the convenience of not having to thaw the turkey. You may want to order yours in advance to be assured of availability.

Frozen turkeys have been held at a temperature below 0° F. Frozen turkeys are packaged and flash frozen immediately after processing to 0° or below. The meat, once defrosted, is virtually at the same freshness as the day it was processed. Store your turkey at 0° F. or below. Thaw in the refrigerator or in cold water. Refrigeration: Allow approximately 24 hours per five pounds to thaw in the refrigerator. Cold Water: Allow approximately 30 minutes per pound to thaw in cold water, which is changed every 30 minutes. Do not use warm or hot water and be sure to change the water every 30 minutes.

Is the turkey done? Use a meat thermometer to ensure the perfect turkey. The turkey should reach a temperature of 170° F in the breast and 180° F in the thigh. Proper placement is the key to an accurate read. Insert the thermometer 2 ½ inches in the thigh near the breast making sure the thermometer does not touch the bone. When inserting the thermometer in the turkey breast, insert it from the side, which make it easier to read and more accurate than inserting from the top.

Looking for more information, click on www.eatturkey.com to find tips and recipes.

Roast Turkey with Herbal Rub

- 1 WHOLE TURKEY
- 1 Medium onion quartered
- 1 lemon, quartered
- 1/4 Cup vegetable oil
- 1 Teaspoon dried thyme
- 1 Teaspoon dried tarragon
- 1 Tablespoon dried rosemary
- 1 Teaspoon salt
- 1/2 Teaspoon freshly ground black pepper

In a small bowl, mix oil with herbs, salt and pepper. With your finger tips, gently loosen skin from the breast without pulling off the skin. Disperse 1 tablespoon of herb mixture under skin; replace skin. Rub cavities and outside of turkey with remaining herb mixture.