



**Get Cooking
with Canadian Turkey**

Holiday
Cooking Guide

**Best Wishes
for the Holiday Season
from Canadian Turkey**

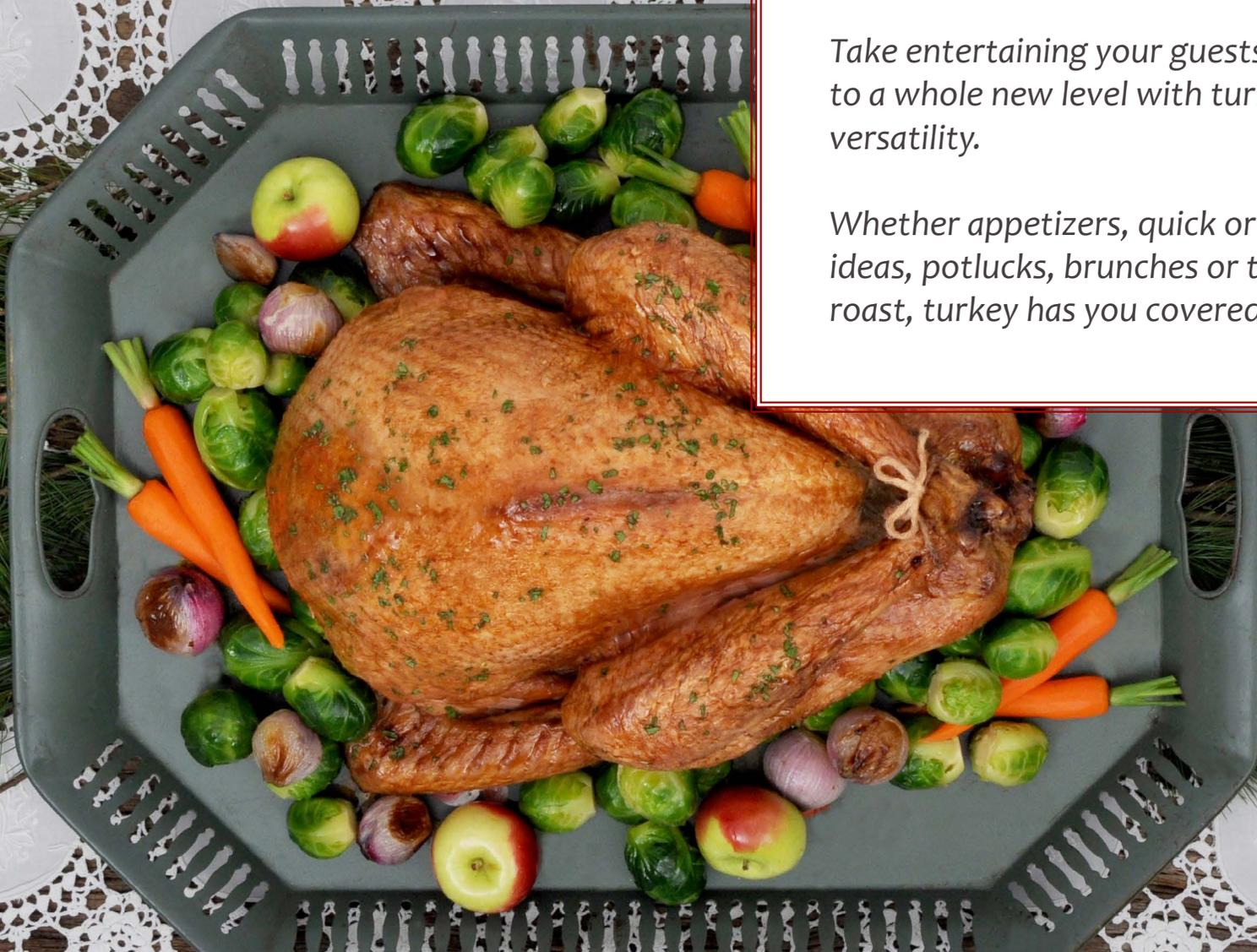


Turkey on the Menu

Make the season sing with delicious turkey, raised right here at home by proud Canadian farmers.

Take entertaining your guests this holiday season to a whole new level with turkey's unique taste and versatility.

Whether appetizers, quick or make-ahead meal ideas, potlucks, brunches or that all important roast, turkey has you covered.



The Traditional Turkey Roast

Keep the tradition alive! *If you haven't tried it, it really is easy!*

Need help roasting a whole turkey? Here's a quick reference guide to get you started.

Remember, canadianturkey.ca is your go-to resource for all things turkey. You'll find recipes, nutrition facts, resource materials and much more.

- Visit the **Whole Turkey** page for more information on how to choose, prepare and cook your whole turkey this holiday season and all year round.
- If you prefer this information in video format, check out our **Turkey Basics: How to video series**.



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Wondering about portions? See our **[Whole Bird Turkey Calculator](#)**.

The most common sizes of whole turkeys found in stores will range between 8 lb to 25 lb.

Keep in mind that these calculations are estimates only and are based on suggested 1 lb per person or 1.5 lb per person if planning for leftovers.

You can freeze leftovers or simply use leftover turkey as a starter to prepare a quick meal, appetizers or snacks for unexpected guests.



Thawing and Storing

Thawing

The safest way to thaw frozen turkey is either in the refrigerator or in cold water. Remember to always follow safe food handling procedures.

Once thawed, keep your turkey refrigerated and cook within 48 hours.

Never thaw your turkey at room temperature!

Refrigerator Method:

- Place turkey on a tray on a bottom shelf in the refrigerator.
- Allow 5 hours of thawing time per pound (10 hours/kg).

Cold Water Method:

- Keep the turkey in its original wrapping.
- In a large container, cover the turkey completely with cold water.
- Change the water at least every hour.
- Allow 1 hour of thawing time per pound (2 hours/kg).

(See the video)

Storing

Always consult best-before dates on product packaging to determine how long a fresh, whole turkey can be safely stored in the refrigerator.

After cooking, keep turkey hot (above 140°F [60°C]) or refrigerate (below 40°F [4°C]).

Storing Frozen Turkey:

Whole turkeys can be kept frozen for 1 year.

Do not refreeze once thawed.

Store Cooked Turkey:

Keep for up to 4 days in the refrigerator or up to 3 months in the freezer.

Do not leave turkey at room temperature for more than 2 hours!



There are many options for flavouring your turkey before, during and after cooking.

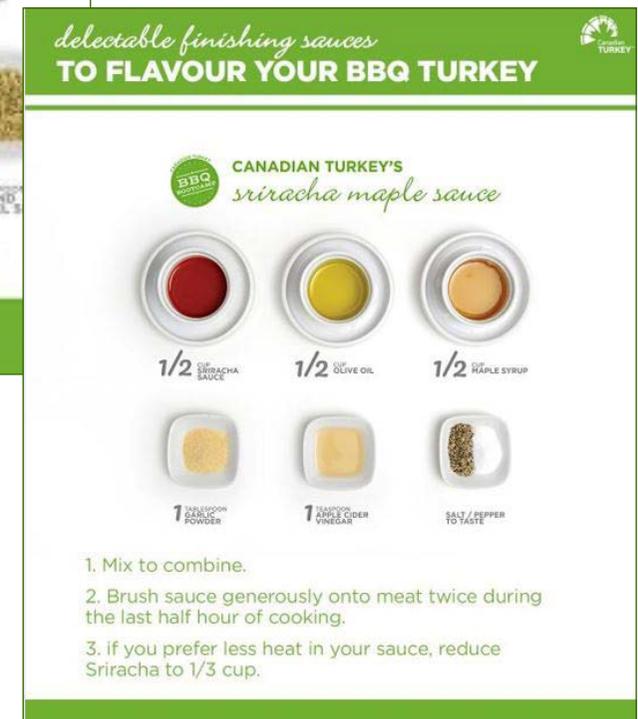
Before you cook, try brining your turkey. **Brining** adds flavour and moisture to turkey meat by soaking the whole turkey in salted water. See how to brine your turkey [here](#).

Rubs and **Finishing Sauces** are a perfect complement to flavour-boost your roast turkey. Here are some suggestions but you can make your own special flavour combos.



Try *Canadian Turkey's Make-at-Home Spice Blends and Finishing Sauces*.

Get the blends [here](#).



Cook a **whole turkey** to an internal temperature of **170°F (77°C)** in the thickest part of the thigh for an unstuffed turkey and **180°F (82°C)** for a stuffed turkey.

When roasting, any stuffing placed in the cavity of the bird should reach an internal temperature of at least **165°F (74°C)**.

Let the turkey stand for at least 20-30 minutes before carving.

*Cooking times may vary depending on:
The temperature of the turkey going into the oven;
the accuracy of the oven's thermostat; how many times the oven door is opened during roasting; the type and size of roasting pan used; and, the size of the turkey in relation to the size of the oven.*

APPROXIMATE TIMETABLE FOR ROASTING A WHOLE TURKEY*

Weight	Stuffed	Unstuffed
6 – 8 lbs (3.0 – 3.5 kg)	3 – 3 ¼ hours	2 ½ – 2 ¾ hours
8 – 10 lbs (3.5 – 4.5 kg)	3 ¼ – 3 ½ hours	2 ¾ – 3 hours
10 – 12 lbs (4.5 – 5.5 kg)	3 ½ – 3 ¾ hours	3 – 3 ¼ hours
12 – 16 lbs (5.5 – 7.0 kg)	3 ¾ – 4 hours	3 ¼ – 3 ½ hours
16 – 20 lbs (7.0 – 9.0 kg)	4 ¼ – 4 ¾ hours	3 ¾ – 4 ½ hours
20 – 24 lbs (9.0 – 10.9 kg)	4 ¾ – 5 ½ hours	4 – 5 hours

*approximate at 350°F (175°C).

Rethinking Turkey - Cuts for the Holidays?

Still want that traditional meal you remember from your childhood, but in smaller portions?

Think holiday turkey cuts! Turkey breast, thighs or legs can be stuffed and rolled, or simply roasted in whatever flavours you prefer and still feel like a special occasion.

Visit the **Turkey Cuts** page for more information on available turkey cuts, how to select and prepare them, and get recipe ideas for incorporating all turkey cuts into your everyday meals.



Turkey is available in various cuts that offer variety and versatility all year round.

Turkey pairs well with different flavour profiles to provide you with quick, tasty and nutritious every day meals.

Swap turkey into your favourite recipes.

Get to know your turkey cuts and if you don't see them in store, ask your grocer or butcher.

Cooking Bone-In Turkey Cuts

Cook bone-in breasts, thighs, drumsticks and wings until a digital meat thermometer inserted into the meat, away from the bone, registers **165°F (74°C)**.

Cooking Boneless Turkey Cuts

Cook boneless cuts to an end-point internal temperature of **165°F (74°C)**, using a digital meat thermometer inserted deep into the meat.

Calculate portions as follows:

- Boneless turkey breast - ¼ lb (125 g) per person/serving
- Turkey thighs, drumsticks & wings - ½ lb (250 g) per person/serving
- Ground turkey - ¼ lb (125g) per person/serving

A Nutritional Powerhouse

White meat is **LEAN** with just 3 grams of fat per 100-gram serving.

- Turkey has a whole lot of health-boosting nutrients per calorie, such as **IRON, ZINC** and **SELENIUM**. Dark meat is especially rich in these nutrients.

- All fresh cuts of turkey are **naturally low in SODIUM**.

- Packed with **PROTEIN**. Each 100-gram serving has about 30 grams of high-quality protein.

Dark meat is **LEAN** with just 8 grams of fat per 100-gram serving.

Turkey is not only nutritious but very lean and can balance those rich sides we all love. For more information go to canadianturkey.ca/nutrition.



Join the Conversation!

Sign up to receive the **Get Cooking with Canadian Turkey** eNewsletter every month. Find recipe ideas, nutrition tips, easy meal planning solutions and enter our monthly contests from **Canadian Turkey**.



Canadian turkey is *raised with pride*TM
by over 550 turkey farmers across Canada.

This publication has been brought to you by:



Turkey Farmers of Canada (TFC) is the national voice of Canadian turkey farmers.

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