TURKEY TIPS FOR SUMMER SIZZLE
TRY TURKEY

MAKE THE SWITCH TO TURKEY THIS SUMMER.

Want to make celebrating Canada’s 150th a very special occasion? Not a problem, you can find whole Canadian turkey and turkey cuts at your grocer all year long.

Whether you choose to serve a whole turkey or turkey breast, wings, thighs or drums, turkey is a versatile, tasty and nutritious option in all your recipes.

The options are endless. BBQ’d, roasted or sautéed, Canadian turkey is always a great way to celebrate with friends and family.

Need ideas? Take summer cooking to another level; go to canadianturkey.ca for delicious recipe suggestions.

Here are some guidelines to help you choose and prepare your turkey.
QUICK NUTRITION FACTS
ABOUT TURKEY

Delectable and versatile, this power protein can easily replace other meats in your favourite recipes.

Turkey is:

A Nutritional Powerhouse. Turkey has a whole lot of health-boosting nutrients per calorie, such as iron (to deliver oxygen through your body), zinc (for a healthy immune system) and selenium (an antioxidant mineral). Dark meat is especially rich in these nutrients.

Lean. Both light meat and dark meat are lean choices. Turkey breast is actually extra-lean, with 3 grams of fat per 100-gram serving. Dark meat is lean, with just 8 grams of fat per the same size serving.

Naturally low in sodium. All fresh cuts of turkey are low in sodium, so eating turkey is a natural way to keep your sodium intake low.

Packed with protein. Each 100-gram serving has about 30 grams of high quality protein to help you feel energized and satisfied, and to help keep your muscles healthy and happy.

Find out more at canadianturkey.ca/nutrition.
SERVING A WHOLE TURKEY?
HERE ARE SOME QUICK POINTERS TO HELP YOU GET STARTED.

Most whole turkeys (frozen or fresh) are available from your grocer or butcher in sizes ranging between 10 lbs to 25 lbs.

**Tip:** Use our [Whole Bird Calculator](#) to estimate how large a turkey you will need; how long it may take to thaw; and, how much time it will take to cook.

**Tip:** If you need a smaller turkey, be sure to ask, the meat manager at your grocery store or your butcher.

For more information on how to select your whole turkey, watch our [Turkey 101: How to Buy video](#).
The safest way to thaw frozen turkey is either in the refrigerator or in cold water. Never thaw your turkey at room temperature!

**REFRIGERATOR METHOD:**

This method of thawing a turkey is the safest, as it keeps the meat cold until it is completely defrosted.

- 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). Once thawed, keep your turkey refrigerated and cook within 48 hours.
- Some products are meant to be cooked from frozen; always read the product label carefully.

For more information, watch our Turkey 101: How to Thaw video.
Brining adds flavor and moisture to your turkey meat. The brining process – soaking a whole bird in water saturated with salt – is believed by many to be a favourable way to prepare turkey. The brining process requires a 6-24 hour soaking period, and ideally should be done the day before roasting. The length of the soaking period will depend on the turkey, water and your own personal experience and tastes, so experiment a few times to see what works best for you.

You will need a brining bag, available in many kitchen supply stores, which is designed especially to brine poultry. Or, if not available, you will need a large enough container (food-safe plastic container or non-corrosive covered pot) to hold the turkey while submerged in brine. There needs to be sufficient room to fit it in your refrigerator.
HOW TO COOK YOUR WHOLE TURKEY

Canadian Turkey recommends cooking a whole turkey to an internal temperature of 170°F (77°C) in the breast and 180°F (82°C) in the thigh.

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 bird stand for at least 20 minutes before carving.

For more information on how to roast your turkey, watch our Turkey 101: Roasting video.

If a whole turkey is too much, try cooking a turkey breast or turkey thighs. Go to canadianturkey.ca for some great ideas.
**Smoked**

Smoked Turkey Recipe
(How to Smoke a Turkey)

*Credit: The Cookie Writer*

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**Grilled**

Sweet and Spicy BBQ’d ½ Turkey on the Grill

*Credit: Turkey Farmers of Canada*
Roasted
Roasting a Whole Turkey

Deep Frying
Deep Frying a Whole Turkey

Credit: Turkey Farmers of Canada
Cooking times may vary depending on: the temperature of the bird 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 the roasting pan used; and, the size of the turkey in relation to the size of the oven.

**APPROXIMATE TIMETABLE FOR ROASTING A TURKEY AT 350°F (175°C) OR BARBEQUING AT MEDIUM HEAT**

<table>
<thead>
<tr>
<th>Weight</th>
<th>Roasting Times</th>
<th>Barbeque Times Medium Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stuffed</td>
<td>Unstuffed</td>
</tr>
<tr>
<td>6 – 8 lbs</td>
<td>3 – 3 ¼ hours</td>
<td>2 ½ – 2 ¾ hours</td>
</tr>
<tr>
<td>(3.0 – 3.5 kg)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 – 10 lbs</td>
<td>3 ¼ – 3 ½ hours</td>
<td>2 ¼ – 3 hours</td>
</tr>
<tr>
<td>(3.5 – 4.5 kg)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 – 12 lbs</td>
<td>3 ½ – 3 ¾ hours</td>
<td>3 – 3 ¼ hours</td>
</tr>
<tr>
<td>(4.5 – 5.5 kg)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 – 16 lbs</td>
<td>3 ¾ – 4 hours</td>
<td>3 ¼ – 3 ½ hours</td>
</tr>
<tr>
<td>(5.5 – 7.0 kg)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 – 20 lbs</td>
<td>4 ¼ – 4 ¾ hours</td>
<td>3 ¾ – 4 ½ hours</td>
</tr>
<tr>
<td>(7.0 – 9.0 kg)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 – 24 lbs</td>
<td>4 ¾ – 5 ½ hours</td>
<td>4 – 5 hours</td>
</tr>
<tr>
<td>(9.0 – 10.9 kg)</td>
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WHAT TO DO WITH LEFTOVERS

There are so many ways to use your turkey leftovers. Use in salads, sandwiches or as a healthy topper on grilled pizza.

Grilled Turkey Pizza with Arugula, Asiago Cheese and Fire Roasted Tomato Pepper Sauce

Credit: Granny’s Poultry Cooperative (Manitoba) Ltd.
TURKEY CUTS

THINK TURKEY BREASTS, WINGS, THIGHS OR DRUMS ON THE GRILL.

Turkey is versatile. If you prefer dark or white turkey cuts or feel a whole turkey is too much, you can find a variety of Canadian turkey cuts at your grocer or butcher any time of year.

Here are a few suggestions for some summer sizzle.

Check out all our recipes at canadianturkey.ca.

- Jerk BBQ Turkey Kebobs with Mango Salsa
- Smoked Turkey Drumsticks & Chocolate Chili BBQ Sauce
- Grilled Citrus Turkey Steaks
Turkey Cuts...Ground

Don’t forget the summer staple! Burgers.

Ground turkey meat is also a lean and healthy BBQ option for weekends at the cottage or quick and easy meals every day.

Check out all our ground turkey recipes at canadianturkey.ca.

Popeye’s Favourite Turkey Burgers

Get the Recipe!
SHARE YOUR RECIPE(S)...

Do you have turkey recipes you’d like to share?

Our turkey experts will select one recipe per month and post to canadianturkey.ca (with credit). Selected recipe will receive a Canadian Turkey apron and kitchen gloves.

Please send them in to info@tfc-edc.ca (recipe, photo and contact information).