

Let's talk Turkey!

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips to keep your Thanksgiving safe and delicious.

3 Ways to Thaw

1. Refrigerator

- USDA's recommended method of thawing is under refrigeration for 1-2 days.
- Allow about 24 hrs for every 4-5 lbs. of bird.

2. Cold Water

- Submerge bird in cold water & change water every 30 minutes.
- Allow about 30 minutes per pound to thaw.
- Cook immediately after.

3. Microwave

- Use the defrost function on the microwave, based on the bird's weight.
- Must cook immediately after.

Did you know?

It's safe to cook a frozen turkey, though cooking time will be 50% longer.

Clean

Wash your hands for 20 seconds with soap and warm water.



Don't wash your turkey!

- According to a survey by the Food and Drug Administration (FDA), 68% of the public washes their whole turkey before cooking. This is not recommended since bacteria inside and on the bird can spread up to 3 feet away.
- Cooking meat to the right temperature kills any bacteria that may be present, so washing poultry is not necessary.

Food Preparation

- Poultry can contaminate anything it touches with harmful bacteria, so follow the 4 steps to food safety- clean, separate, cook, and chill.
- If you plan to prepare stuffing using raw meat, you should cook those ingredients before stuffing the turkey in order to reduce the risk of foodborne illness from bacteria found in raw ingredients.
- Stuff the turkey loosely – about ¾ cup of stuffing per pound.

Cooking

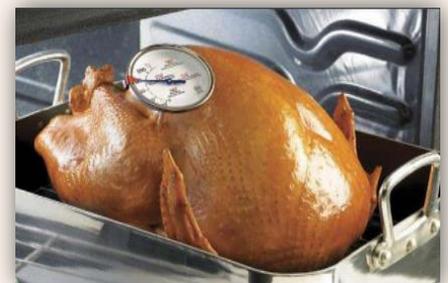
- Use a meat thermometer to measure internal cooking temperature, specifically check the:
 - Innermost part of the thigh
 - Innermost part of the wing
 - Thickest part of the breast
- All temperatures should measure 165°F.
- When the turkey is removed from the oven, let it stand 20 mins before carving to allow juices to settle.
- Stuffing will increase cooking times.

Approximate cooking times for unstuffed turkey:

6-8 lbs. breast	2.25 - 3.25 hours
8-12 lbs.	2.75 - 3 hours
12-14 lbs.	3 - 3.75 hours
14-18 lbs.	3.75 - 4.25 hours
18-20 lbs.	4.25 - 4.5 hours
20-24 lbs.	4.5 - 5 hours

Leftovers

- Take your time around the dinner table, but refrigerate leftovers within 2 hours.
- The bacteria *Clostridium Perfringens* grows in cooked food left at room temperature. It is the 2nd most common bacterial cause of food poisoning, occurring most in Nov and Dec.
- Storing food outside is unsafe for two reasons;
 - Animals, either wild or domesticated, can get into the food.
 - It causes temperature variation.
- Leftovers are safe in refrigeration up to 3-4 days (with a cooler temperature below 40°F).
- Custard baked pies (such as pumpkin and lemon meringue) must also be refrigerated.



What about a Turducken?

- A "turducken" is a deboned stuffed chicken inside a deboned stuffed duck inside a deboned stuffed turkey.
- Make sure the bird and stuffing are not in the temperature danger zone (between 135°F -41°F) for more than 2 hours, while assembling the turducken.