

## Fresh Whole Turkey and Turkey Breast Roasting Instructions

### Planning

Allow one pound of whole turkey for each adult serving. Plan to serve the turkey 30 minutes after removing from the oven.

### Storing

Refrigerate a fresh turkey below 40°F. The turkey is best when eaten fresh, but may be frozen and kept for six months in a freezer at 10°F or less. To defrost, place the turkey, still in its bag, in the refrigerator. Allow 24 hours for every 7 pounds of turkey. Cook promptly after defrosting. Never refreeze a defrosted turkey.

### Traditional Roasting Method

Preheat oven to 325°F. Check the wrapper to see how much the turkey weighs and determine the approximate cooking time (see chart below). Remove the neck from the breast cavity and the giblets from the neck cavity. Place turkey breast-side-up on a rack in a shallow (about two inches deep) roasting pan. Insert meat thermometer in thigh. Add 1 cup of water to the roasting pan. Loosely cover turkey with aluminum foil. For food safety reasons we do not recommend stuffing the turkey.

Roast according to the following chart:

#### Whole Turkey

Weight	Time	Oven Temp.
8–12 lb.	2-1/2 to 3 hr.	325°F
12–14 lb.	2-3/4 to 4 hr.	325°F
14–18 lb.	3-1/2 to 5 hr.	325°F
18–20 lb.	4 to 5 hr.	325°F
20–24 lb.	4 to 5-1/2 hr.	325°F
24+ lb.	5 to 7 hr.	325°F

#### Turkey Breast

Weight	Time	Oven Temp.
4–6 lb.	1-1/2 to 2-1/4 hrs.	325°F
6–8 lb.	2-1/4 to 3-1/4 hrs.	325°F
8+ lb.	It's going to take a while, so sit back, relax, and have someone else worry about it. Alright, seriously: 3-1/4 to 4 hr.	325°F

**One hour before completion, remove the foil to brown the turkey.** Brush the turkey with vegetable oil to enhance browning, if desired. A whole turkey (and turkey parts) is safe when cooked to a minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. Juices should be clear, not pink. When the turkey reaches 165°F, remove from the oven, cover it with foil, and allow the turkey to set 20 minutes before carving to allow juices to saturate the meat evenly. You are now ready to carve, serve, and enjoy a delicious Plainville Farms turkey!

Note: If the turkey is stuffed, be sure the stuffing reaches 165°F.