

You can buy different types of turkeys to cook. Read the label on the turkey carefully.

Fresh Turkey

Look for a best-before date on the package. You must cook the turkey before this date.

What if there is no date on the package? You can keep the turkey in the refrigerator for 1 - 2 days before you cook it.

It takes longer to cook a fresh turkey. Add 5 minutes per kilogram (3 minutes per pound) to the times in the cooking chart.

Frozen Stuffed Turkey

You can also buy a frozen turkey that has stuffing inside.

You do not thaw this turkey - cook it from frozen! Follow the directions on the label.

Frozen Turkey without Stuffing

Take the turkey out of the freezer and thaw in the refrigerator.

Leave the turkey in its original wrapping. Put it in a large pan. Put it in the coldest part of the refrigerator.

It will take about 10 hours per kilogram (about 5 hours per pound) to thaw. For example, it could take 2 days for a small turkey and 4 days for a large turkey.

You must cook a thawed turkey within 24 hours.

1 Prepare the turkey

Preheat the oven to 425°F.

Take the plastic off the turkey.

Take out the neck and bag of giblets. Don't leave them inside the turkey.

You can cook the neck alongside the turkey or you can use the neck, heart and gizzard to make stock or gravy.

Put the turkey on a rack in a large roasting pan. Put the breast side up. Tie legs together. Rub the skin with oil or butter.

Cover the turkey loosely with foil.

2 Cook turkey at 425°F for the first 30 minutes

Then turn the oven down to 325°F. Continue roasting for:

4.5 kg (10 lb)	2 1/4 – 2 1/2 hours
7 kg (15 lb)	2 1/2 – 3 hours
9 kg (20 lb)	3 1/2 – 4 hours
12 kg (26 lb)	4 – 4 1/2 hours

Take off the foil for the last hour. Baste the turkey every 15 minutes by spooning the liquid in the bottom of the pan over top the turkey.

3 How to make sure the turkey is done

Try to twist the drumstick. It should move easily. Stick a fork into the inside of the thigh. It should feel soft and the juices should be clear, not pink. If not, put turkey back in the oven to cook longer.

If using a meat thermometer, stick the probe end into the middle of the thigh muscle between the body and the thigh bone. The temperature should be 180°F or higher.



4 When the turkey is done, take it out of the oven. Wait 15 minutes before you carve it.



5 Clean up carefully

after you put the turkey in the oven.

- Wash your hands with soap and hot water.
- Using dishwashing liquid and hot water, wash the dishes, counters and taps.

- Put the dishes in a sink of chlorine bleach and water. Use 15 mL (1 tbsp) bleach for each litre (4 cups) of water. You should wear rubber gloves to protect your hands.
- Air dry dishes on a drying rack.

- Use a clean dishcloth to wipe the counters and taps with the bleach mixture.
- Do not mix bleach with dishwashing liquid. Some dishwashing liquids have ammonia in them. It is dangerous to mix ammonia and bleach.

- Wash the dishcloths and dishtowels right away. Wash them in hot water with laundry detergent. Use chlorine bleach, if possible.

Make stuffing using a box of stuffing mix

- 1 medium onion
- 2 stalks celery
- 1/4 cup butter
- 1 box stuffing

- 1 Chop onion and celery
- 2 Melt butter in a large frypan. Add onion and celery and cook over medium heat until tender, about 5 minutes.
- 3 Remove from heat.
- 4 Prepare stuffing using directions on the box.
- 5 After stuffing is cooked, gently stir in cooked onion and celery.
- 6 Ready to eat.

Make gravy using a package of gravy mix

- 1 package turkey gravy mix
- Cold water or broth
- Turkey drippings

- 1 Put gravy mix into a saucepan. Stir in amount of cold water or broth listed on package.
- 2 Bring to a boil. Turn down heat and simmer 1 minute.
- 3 Add turkey drippings (the liquid in the bottom of the turkey pan).
- 4 Serve on top of potatoes, stuffing or slices of turkey.



- 1 large onion
- 3 stalks celery
- 1/2 cup butter
- 1 tablespoon poultry seasoning
- 3/4 teaspoon pepper
- 1/2 teaspoon salt
- 1 loaf fresh bread
- 1/3 to 1/2 cup chicken stock or water

Traditional Turkey Stuffing

- 1 Chop onion and celery.
- 2 Melt butter in a large frypan. Add onion and celery and cook over medium heat until tender, about 5 minutes.
- 3 Stir in poultry seasoning, pepper and salt. Remove from heat.
- 4 Cut bread into cubes and put in a large bowl.
- 5 Put onion and celery mixture on top of bread cubes and stir together.
- 6 Add stock or water and stir.
- 7 Spoon mixture into a greased casserole dish.
- 8 Cover tightly with lid or foil. Bake at 325°F for 1 - 1½ hours.

Do not cook stuffing inside the turkey. It is safer to cook it in a pot or casserole.

Traditional Turkey Gravy

- Allow 1/4 cup gravy per person. Use the chart below to prepare different amounts.

Amount of Gravy	Fat	Flour	Liquid
2 cups	1/4 cup	1/4 cup	2 cups
4 cups	1/2 cup	1/2 cup	4 cups
6 cups	3/4 cup	3/4 cup	6 cups

- Once the turkey is cooked, put it on a platter and cover loosely with foil. Pour drippings from the roasting pan into a bowl, leaving any browned bits on the bottom of the pan.

- Let the fat rise to top of the drippings. Skim the fat off, measure the amount needed for the gravy and return it to the roasting pan.
- Place the pan over low heat. Whisk flour into the fat in the pan until blended and cook, stirring, for one minute or until slightly browned and bubbly.
- Gradually whisk in liquid, including reserved drippings.
- Bring the gravy to a boil over medium heat, scraping to loosen the browned bits.

- Reduce heat and simmer, stirring until the gravy is thickened. Simmer gently for 5 – 10 minutes. Season to taste with salt and pepper.
- Water, stock or broth may be used for the liquid in turkey gravy.



Storing Cooked Turkey, Stuffing and Gravy

- Turkey meat should be removed from the bones as soon as possible. Cover and refrigerate meat for up to 3 days or freeze for up to 3 months.
- If making soup, use the bones within 24 hours or freeze for up to 1 month.
- Turkey stuffing that has been cooked separately from the turkey may be refrigerated for up to 3 days or frozen for up to 1 month. Reheat stuffing from frozen and serve immediately.
- Turkey gravy may be refrigerated for up to 2 days or frozen for up to 1 month.

For other recipes to serve with a turkey dinner go to ATCOBlueFlameKitchen.com or call 1.877.420.9090

