

# Turkey tips

Everything you've ever wanted to know about turkey.

Whole Foods Market wants you to feel good about what you serve your loved ones on this special day and every day. We bring you the best tasting, freshest and most wholesome turkeys available.

## Ordering Information

Please order at the Holiday Table.

When ordering your turkey, allow at least 1-1 1/2 pounds per person, plus more for leftovers.

## General Turkey Tips

- Always remove the giblets, and wash and dry the turkey thoroughly before seasoning and roasting.
- Brush the bird generously with melted butter before roasting to assist in browning and provide flavour.
- Baste often with pan drippings.
- Cook your turkey on a rack with white wine or liquid in the bottom of the pan.
- Roast the bird at 350°F / 176°C with the breast side down for the first hour.
- Always use an instant-read thermometer to ensure adequate internal temperatures.
- Remove the turkey from the oven when the legs and thighs reach an internal temperature of 170°F / 76°C and the breast, 160°F / 71°C. Remember the internal temperature will increase by 10° F after you remove the turkey from the oven.
- Save the drippings for gravy!
- Remove stuffing.
- Let the bird rest for about 20 minutes before carving.

## Cooking Chart

Times are approximate. Time can vary depending on a number of factors, such as oven accuracy, temperature of the bird when it is placed in the oven, whether or not your bird is stuffed, the height and thickness of the roasting pan, and how frequently you open the oven door.

weight	total roasting time
8–12 pounds	2 1/2–3 hours
12–16 pounds	3–4 hours
16–20 pounds	4–5 hours
20–25 pounds	5–6 1/2 hours

## Safe Poultry Handling

- Keep the poultry cold until you cook it.
- While preparing poultry, wash your hands, knives, cutting board and counter thoroughly and often with hot water and soap.
- Take care that raw poultry or its juices do not come into contact with other foods.
- Make sure you use your meat thermometer. After the turkey rests, the breast should register 170°F / 76°C and the thigh, 180°F / 82°C.
- If you are cooking a stuffed bird, make sure the temperature of the stuffing registers at least 160°F / 71°C.
- Never stuff a bird in advance. Stuff it just before roasting.

## Carving Your Turkey

- Remove stuffing. Let the bird rest for 20 minutes.
- Using a sharp knife, remove the legs and wings by slicing down into the crevice between the main body and the leg or wing. Grasp the leg or wing firmly and twist and pull while sliding the blade of the knife between the exposed joints to separate.
- Cut thin slices from the thighs and legs to serve.
- The wings can be separated into two parts and served as is.
- With the bird breast side up on the cutting board, slice downward from the breastbone, beginning with the roundest part of the breast and working your way inward toward the bone.

# Fabulous flavours



## Rubs, Brines And Butters

### Dry Rubs for Turkey

Simply mix together complementary combinations of dry herbs and spices and rub all over the turkey before roasting.

#### Cajun

Combine fennel seeds, thyme, sage, paprika, cayenne, salt & pepper.

#### Latin

Combine cumin, oregano, cayenne, salt & pepper.

#### Caribbean

Combine cumin, coriander, ginger, allspice, cayenne, salt & pepper.

#### Mediterranean

Combine thyme, oregano, sage, salt & pepper.

#### Indian

Combine cumin, coriander, cinnamon, cardamom, ginger, salt & pepper.

### What About Brining?

Brining a turkey is to soak it in a salt solution for several hours. It's a great way to produce a moist, flavourful bird with minimum effort. Brining does require time, and a large container in which to submerge the bird. The brine works to infuse the meat with flavour and help the bird retain moisture. It may produce a saltier pan gravy than you prefer, so when making gravy from brined drippings, be sure to use a low-salt broth, or simply purchase your gravy from our Prepared Foods department.

### Basic Brining Ratio

1 cup kosher salt to 9 litres of cold water

Start with the basic recipe above and add different combinations of herbs and spices.

Honey, maple syrup, sugar or other sweeteners add flavour and balance and assist in browning.

### Orange & Coriander Brine

Add 1 cup honey, 6 coriander seeds, 8 black peppercorns and 1/2 cup orange juice to 2 gallon batch of brine.

### Spicy Molasses Brine

Add 1/3 cup molasses, 3 juniper berries, 5 whole allspice, 4 cloves, 8 black peppercorns and 2 bay leaves to each 2 gallon batch.

### Maple Herb Brine

Add 3/4 cup maple syrup, 2 bay leaves, 1 teaspoon dried thyme, 6-8 black peppercorns and 1 teaspoon dried rosemary to each 2 gallon batch.

## Flavoured Butters for Basting

To help your turkey stay moist and flavourful and to achieve a burnished mahogany exterior, baste it with flavoured butter. The butters are simple to make. Simply place soft butter in a food processor along with flavourings of your choice and blend (or, you may use a whisk). Use unsalted butter and add salt to taste, beginning with a small amount.

### Cranberry Orange Butter

Boil 1/2 cup fresh cranberries until they pop. Drain and crush them, then blend with 1 stick butter, 2 tablespoons orange juice and 1/4 teaspoon salt.

### Garlic Herb Butter

Blend 2 teaspoons fresh thyme or parsley and 2 teaspoons chopped garlic with 1 stick butter and 1/4 teaspoon salt.

### Port & Shallot Butter

Reduce 1 cup of port by three-fourths. Blend the reduced port with 1 stick of butter, 2 teaspoons chopped shallots and 1/4 teaspoon salt.

### Tarragon Mustard Butter

Blend 1 tablespoon Dijon mustard and 1 tablespoon chopped fresh tarragon with 1 stick of butter and 1/4 teaspoon salt.

