



live life well.



## HOLIDAY TIP OF THE WEEK

### **Buying a Turkey**

When buying your turkey plan for 3/4 lb. per serving. If you buy a turkey that is 12 lbs. or less plan on 1 lb. per serving.

### **Thawing a Turkey**

When you are thawing turkey, place the wrapped frozen bird on a cookie tray and put the bird in the refrigerator for 3 to 4 days. You can expect 24 for hours for every 5 lbs.

\*Never thaw your turkey at room temperature or in warm water!

### **Stuffing a Turkey**

Loosely spoon stuffing in to both the body and neck cavity, do not pack the bird. Remember always stuff the turkey just before roasting, never stuff in advance!

### **Roasting a Turkey**

After you have prepared your turkey for roasting it should be roasted in a 325-degree oven until a meat thermometer reaches 180 to 185 degrees and the stuffing reads 165 degrees. The juices of turkey should not be pink and the meat should be fork tender when the bird is done.

After you have removed the turkey from the oven let it stand for 15 minutes before carving.

The following is a guide for roasting your turkey.

<b>Weight</b>	<b>Time</b>
3 to 12 lbs.	3.5 to 4.5 hours
12 to 16 lbs.	4 to 5 hours
20 to 24 lbs.	5 to 6.5 hours

If you wish not to stuff your turkey, reduce your roasting by 30 to 45 minutes. Happy Roasting!!!!!!

For more holiday tips go to [www.everydaycook.com](http://www.everydaycook.com)