

Cooking your Christmas Turkey



Roasting Method:

- Preheat oven to 180 degrees centigrade
- Wash the Turkey under running water inside and out, remove giblets and neck. Pat dry with paper towel.
- If the Turkey is to be stuffed, the stuffing should be inserted into the body cavity just before the bird is placed in the oven. Do not over stuff the Turkey, as stuffing will expand when cooking.
- Place thawed or fresh Turkey, breast up, on a flat rack in a shallow pan.
- Brush or rub skin with oil to prevent drying of the skin and to enhance the golden colour.
- Baste the Turkey approximately every 20 minutes.
- Using the roasting schedule below as a guideline; start checking the Turkey about ½ hour before recommended times to see if it is cooked.
- Turkey is cooked when the core temperature reaches 78-80 degrees centigrade.
- If not using a thermometer the juices should be clear, not pink when thigh muscle is pierced deeply. If unsure, return Turkey to the oven for another 30 minutes.
- Let Turkey stand for 15 to 20 minutes before carving to allow juices to redistribute evenly.

ROASTING TIMES FOR TURKEY

Size of Turkey (weight)	Unstuffed Timing	Stuffed Timing
3 – 5 kgs.	2 ½ - 3 hours	3 – 3 ½ hours
5.5 – 8 kgs.	3 ½ -4 hours	4 ¼ - 5 hours
8.5 – 10 kgs.	4 – 4 ½ hours	5 – 5 ½ hours

The above cooking times are an indication only. A meat thermometer is the most accurate way of knowing that your Turkey is cooked.

Safe Handling Practices:

- Do not allow raw Turkey, juices or giblets to come in contact with any other food stuffs.
- After handling raw Turkey, wash your hands thoroughly before touching any other surface.
- Cutting utensils and surfaces which were used to prepare the Turkey must also be cleaned thoroughly to avoid contamination of other food stuffs.
- Do not place cooked food on the same plate that held the raw food.