

# TURKEY TIPS

WE HOPE YOU ENJOY YOUR HOLIDAY HAMPER THIS CHRISTMAS!  
BELOW ARE SOME TURKEY TIPS TO HELP YOU WITH PREPARATION,  
LEFTOVERS, AND COOKING.



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## HOW TO PREPARE YOUR TURKEY FOR COOKING

1. If your turkey is fresh, make sure you cook it within two days of receiving it. If frozen, keep it that way until you are ready to thaw. As a general thawing rule, multiply the weight of your turkey in kilograms by 12. That's how many hours it will take for your turkey to thaw. For example, if your turkey is 3.5 kg:

3.5 kg turkey x 12 = 42 hours needed to thaw

You'll be able to tell if your turkey is completely thawed if the body is soft, the legs can be moved, and there are no ice crystals in the cavity.

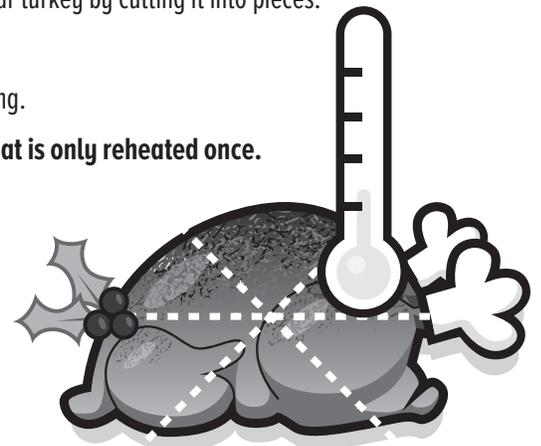


2. Put a towel or pan under your turkey while it thaws to catch the drips.
3. Do not wash your turkey. Handle it as little as possible, and be sure to wash your hands and any surfaces the raw turkey touches with warm soapy water.

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## LEFTOVERS

- ✓ Cover leftovers and place in the fridge within 2 hours of cooking.
- ✓ Ensure meat is cooled as quickly as possible before refrigerating. Help cool your turkey by cutting it into pieces.
- ✓ Consume within 3 days.
- ✓ If freezing leftover meat, wrap well and place in a suitable container for freezing.
- ✓ When reheating, ensure it's heated until piping hot throughout. **Make sure meat is only reheated once.**



# HOW TO COOK YOUR TURKEY

1. Preheat your oven to 180°C/350°F/gas mark 4
2. Remove it from the packaging and remove the brace that has held the legs in place. Then, cut out the giblets, neck, excess skin from the neck, and fatty deposits near the bottom.
3. Place the turkey into a roasting pan, breast side up.
4. If you have an electric fan assisted oven, you may want to stuff your turkey by spooning stuffing into the cavity. Wait until just before the turkey goes into the oven to stuff and be careful not to overstuff! Use only 10% of the turkey weight in stuffing. If you have any other type of oven, cook the stuffing separately.
5. Melt a stick of butter or margarine and pour over the turkey, or spray with cooking spray. Season the turkey with herbs and spices such as sage, dried onions or onion powder, basil, thyme, savory, black pepper, and blends such as Cajun or poultry. Also add about 2 cups of water to the bottom of the roasting pan.
6. Now it's time to bake your bird! Cover it loosely with foil and follow the chart below to determine how long it needs to cook:

WEIGHT OF TURKEY (KG)	UNSTUFFED	STUFFED
3.5 – 5.5	3 hours – 4 hours 20 minutes	3 hours 30 minutes – 4 hours 50 minutes
5.5 – 6.5	4 hours 20 minutes – 5 hours	4 hours 50 minutes – 5 hours 30 minutes
6.5 – 8	5 hours – 6 hours 20 minutes	5 hours 30 minutes – 6 hours 50 minutes
8 – 9	6 hours 20 minutes – 7 hours	6 hours 50 minutes – 7 hours 30 minutes
9 – 11	7 hours – 8 hours 20 minutes	7 hours 30 minutes – 8 hours 50 minutes

7. Check and baste your turkey every hour. Basting is scooping the juices from the bottom of the pan and pouring them back over the bird using a turkey baster or large spoon. The more you baste, the juicier your turkey will be!
8. Remove the foil for the last 30 minutes of cooking to allow the turkey to brown. If it is already brown, leave the foil on to keep the meat moist.

You know your turkey is done when:

- ✓ It's piping hot throughout
- ✓ There's no pink meat left
- ✓ Its juices run clear (when the thickest part of the leg/breast is pierced with a clean fork)
- ✓ Its stuffing is piping hot throughout

Remember that opening and closing the oven door and having other foods in the oven can affect how well your oven works so you may need to allow extra cooking time.

9. Allow your turkey to rest for 30 minutes before carving by covering it with foil and setting it on a cooling rack or on top of the stove.
10. Carve and enjoy!

