

Talkin' turkey

Thawing must be done in the refrigerator (place turkey in its original wrap on a tray and allow five hours per pound to thaw) or in cold water: Place turkey in original wrap in sink and cover with cold water changing water every 30 minutes. This method takes 30 minutes per pound. To be safe insert a meat thermometer into the thickest part of the thigh. If it registers 40 degrees F., it's fully defrosted.

Roasting times are shorter now. Today's turkeys have more white meat which cooks faster. This chart is for a stuffed turkey.

Weight (in lbs.)	Roasting time at 350 F. (in hrs.)
8-12	3 - 3 1/2
12-14	3 1/2 - 4
14-18	4 - 4 1/4
18-20	4 1/4 - 4 3/4
20-24	4 3/4 - 5 1/4

Stuffing the bird doesn't have to be tricky.

- **Don't pre-stuff.** Stuff the bird right before it goes in the oven.
- **Don't over-stuff.** Give the stuffing room to expand while it cooks.
- **Don't truss.** Trussing traps heat so stuffing can't cook completely.
- **Do ask for advice.** Call the Turkey Talkline 800 323-4848.
