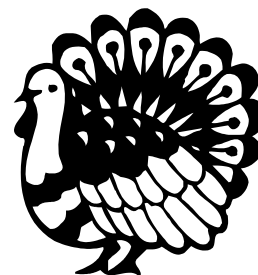


Turkey Talk



Rosie Allen
Gallatin County Extension Agent for
Family & Consumer Sciences

Selection Tips

Frozen turkey will keep up to one year. Check fresh turkey for the sell-by date. Cook and serve within two days of this date. Vacuum packaged fresh turkey has a shelf life of up to 10 days. Inspect the package. **DO NOT** accept if it has holes or tears. Look for the USDA symbols: Inspection and Grade A stamps. Figure 1 ¼ pounds per person for generous portions and leftovers.

Thawing

Best done on a tray in the refrigerator. Figure 24 hours for each five pounds of weight. Option two is cold water immersion. Place wrapped turkey in sink and cover with cold water. Change water every 30 minutes. Allow 30 minutes per pound. **DO NOT** thaw at room temperature.

Wash your hands, sink, counter, plate, cookie sheet, and anything else that has touched the raw turkey or had turkey juice on it. Use HOT water and soap. The bacteria that was on the turkey could get onto the cooked turkey or other foods. This is called cross-contamination. This is a main cause of foodborne illness, so keep everything CLEAN!

Stuffing

Ready ingredients a day ahead. Store dry items at room temperature. Keep produce in the refrigerator. Stuff a whole bird immediately before cooking. Dressing expands, so don't overstuff. Stuffing should reach internal temperature of 165° F.



Roasting

Cook bird breast side up on a rack in a shallow pan. Cover with loose aluminum foil tent. Insert meat thermometer through foil into inner thigh muscle. Cook in a 325°F oven. **DO NOT** cook at a lower temperature. Remove foil last 20 to 30 minutes for browning. Cook until meat thermometer reads 180°F. After the feast remember the 2 hour rule, store turkey, dressing, gravy and other goodies within 2 hours after removing them from the oven or range top. Use shallow containers to allow rapid cooling. Cooked turkey may be refrigerated up to 3-4 days. If the turkey is frozen, wrap tightly and use within 3 months. Heat leftovers thoroughly and enjoy.

Roasting Timetable

For unstuffed turkey

Size of Turkey	Hours to cook in oven at 325°F
12 to 14 pounds	3 ¼ to 3 ¾ hours
14 to 18 pounds	3 ¾ to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ½ hours
20 to 24 pounds	4 ½ to 5 hours

Need Help?

Call the following offices for assistance.

- USDA Meat and Poultry Hotline at 1-800-535-4555
- Butterball Talk-Line at 1-800-323-4848
- Gallatin County Extension Service at (859) 567-5481

Turkey Pot Pie

Yield: 4 servings

1 ½ cups cubed cooked turkey or chicken
1 ½ cups gravy (OR) 1 can cream soup
1 ½ cups thawed mixed vegetables
¼ tsp. dried thyme, optional

Topping:

1 (10 count) can biscuits (OR)
1 cup baking mix (like Bisquick)
½ cup milk
1 egg



Combine turkey, soup, vegetables and thyme. Pour into a 10-inch pie plate.

Option 1 – Combine baking mix, milk and egg, pour over turkey mixture. Bake at 400°F for 25 to 30 minutes until golden brown.

Option 2 – Bake turkey mixture at 425°F for 20 minutes. Top with unbaked biscuits and bake until browned, approximately 10 more minutes.

Per Serving: calories 492; fat 19 gm; carbohydrates 56; sodium 1496 mg

Turkey in a Haystack

Yield: 4 servings

1 can (10 ¾ oz.) cream of chicken soup
2 cups cubed cooked turkey or chicken
½ cup water
Hot cooked rice

Toppings: Cooked peas, raisins, pineapple tidbits, shredded cheddar cheese, sliced ripe olives, chow mein noodles and/or mandarin oranges

In a microwave-safe bowl, combine soup, turkey and water; mix well. Cover and microwave on high for 3-5 minutes or until heated through. Serve over rice. Top with toppings of your choice.

Per Serving: calories 293; fat 8 gm; carbohydrates 28; sodium 649 mg

Ranch Noodles with Turkey

Yield: 6 servings

Cook 8 oz. of pasta. Melt ½ cup of butter in skillet; add 1 oz. packet of Ranch dressing mix and 2/3 cup frozen peas. Heat until warm. Toss with pasta and 3 cups of cooked, cubed turkey or chicken, warmed.

Per serving: calories 434; fat 21 gm; carbohydrates 32; sodium 88 mg

Rosie's Turkey and Stuffing

Yield: 4 servings

1 ½ to 2 cups cooked, diced turkey or chicken
1 can cream soup
1 (6 oz.) pkg. stuffing mix

Prepare stuffing according to package directions. Mix turkey and soup; spread in an 8x8-inch casserole. Top with stuffing. Bake at 350°F for 20 to 30 minutes or until bubbly.

Per Serving: calories 244; fat 12 gm; carbohydrates 15; sodium 758 mg

California Turkey Casserole

Yield: 4 servings

1 can (10 ¾ oz.) crema of mushroom soup
1/3 cup milk
1 pkg. (16 oz.) California blend vegetables, thawed
1 ½ cups cubed cooked turkey or chicken
1 ½ cups (6 oz.) shredded cheese, divided
(try Swiss, Cheddar or American)
1 jar (2 oz.) diced pimientos, drained, optional
Salt and Pepper to taste
Hot cooked rice, optional

In a bowl, combine soup and milk. Stir in vegetables, turkey, 1 ¼ cups cheese, pimientos, salt and pepper. Transfer to a greased 9-inch square baking dish. Cover and bake at 350°F for 40 minutes. Uncover, top with remaining cheese. Bake 5 to 10 minutes or until bubbly. Let stand for 5 minutes. Serve over rice, if desired.

Per Serving: calories 339; fat 17 gm; carbohydrates 16; sodium 3986 mg



Sources
and Special
Thanks to:

Becky Brooker, past Boone County FCS Agent
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