

## How to Properly Handle Frozen Turkeys

### Turkey Tips

- Allow 1 pound of turkey per person.
- Keep frozen until you are ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.

### Thawing Your Turkey

There are three ways to thaw your turkey safely - in the refrigerator, in cold water, or in the microwave:

Thawing Time In Cold Water - Allow approximately 30 minutes per pound		Thawing Time In the Refrigerator (40 °F or below) - Allow approximately 24 hours for every 4 to 5 pounds	
4 to 12 pounds	2 to 6 hours	4 to 12 pounds	1 to 3 days
12 to 16 pounds	6 to 8 hours	12 to 16 pounds	3 to 4 days
16 to 20 pounds	8 to 10 hours	16 to 20 pounds	4 to 5 days
20 to 24 pounds	10 to 12 hours	20 to 24 pounds	5 to 6 days
Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.		Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.	

**Thawing in the Microwave** – this method is safe if the turkey is not too large. Check the manufacturer’s instructions for the size turkey that will fit into your microwave, the minutes per pound, and the power level to use for thawing. Remove all wrapping and place on a microwave-safe dish to catch any juices. Cook immediately after thawing – do not refreeze or refrigerate after thawing in the microwave.

## Roasting Your Turkey

- Place on a rack in a shallow roasting pan
- For optimum safety, stuffing a turkey is not recommended. If you choose to stuff it, be sure to cook the turkey immediately, follow the timetable for stuffed turkey, and make sure the center of the stuffing reaches a minimum internal temperature of 165 ° F.
- Always use a food thermometer to check the internal temperature of your turkey. A turkey is safe when cooked to a minimum internal temperature of 165 ° F. Check the temperature in at least two places, in the innermost part of the thigh and the thickest part of the breast.
- Use the timetables below to determine how long to cook your turkey at an oven temperature of 325°F. These times are approximate.

Cooking Time - Unstuffed	
8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¾ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours
20 to 24 pounds	4½ to 5 hours

Cooking Time - Stuffed	
8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	4 to 4¼ hours
18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4¾ to 5¼ hours

- When turkey is removed from the oven, let it stand for 20 minutes to allow the juices to set.

## Storing Leftovers

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling
- Use refrigerated turkey, stuffing, and gravy within 3 to 4 days. If freezing leftovers, use within 2 to 6 months for best quality.