

## Cherish Grandma's tradition without her hard work.

In this day of space exploration and disco dancing, it's nice to know you can still find comfort in the time-tested holiday traditions without all of the work of Grandma's time. The aroma and succulent goodness of whole roast turkey with stuffing still weaves its magic web, drawing family and friends together.

Even though modern technology has complicated our lives in many ways, improved cooking methods and convenient packaged foods make putting together the festive feast easier than ever.

### SOME TIPS YOU MAY FIND HELPFUL

**Selecting the Turkey**—Whole turkeys, ranging in size from six to more than 30 pounds, are available fresh or frozen and may be prebasted. When deciding what size to buy, allow one pound of turkey for each person. This provides generous servings for the holiday meal, as well as welcome leftovers for those special recipes.

**Thawing**—If turkey is frozen, do not thaw at room temperature. Leave turkey in original bag and use one of the following methods:

- No hurry: Place on tray in refrigerator for three to four days (24 hours for each five pounds of turkey).
- Fastest: Cover with cold water, changing water frequently (1/2 hour per pound of turkey).

Refrigerate or cook turkey as soon as thawed. For maximum eating quality, refreezing uncooked turkey is not recommended.

**Preparation for Roasting**—Remove plastic wrap from thawed turkey. Remove giblets and neck from the body and neck cavities. To remove the neck, it may be necessary to release the legs from the band of skin or wire hock lock. Rinse the turkey inside and out with cool water, then pat dry with a paper towel or clean cloth. When stuffing the turkey, spoon prepared stuffing loosely into body and neck cavities. Cook extra stuffing separately in a covered casserole for 30 minutes at 350°F. Return legs to hock lock or band of skin or tie loosely. Tuck tips of wings "akimbo" under back of turkey. Neck skin should be skewered to back with a poultry pin or round toothpick to provide a neat appearance at the table.

**Preparing the Stuffing**—Packaged toasted croutons, available with an already baked-in blend of thyme, rosemary, black pepper, oregano, onion powder and sage make the preparation easy and the stuffing delicious. Follow the stuffing guide below.

Poultry Weight	6 to 8 lbs.	9 to 11 lbs.	12 to 15 lbs.	16 to 19 lbs.	20 lbs. and over
Herb seasoned croutons (7-oz. pkg. 7 cups)	1 pkg.	1-1/2 pkgs.	2 pkgs.	2-1/2 pkgs.	3 pkgs.
Melted margarine or butter	1/2 to 2/3 cup	3/4 to 1 cup	1 to 1-1/4 cups	1-1/4 to 1-1/2 cups	1-1/2 to 2 cups
Hot water or stock	1-1/2 cups	2-1/4 cups	3 cups	3-3/4 cups	4-1/2 cups
For Celery-Onion Stuffing					
Finely chopped celery	1/2 cup	1 cup	1 cup	1-1/4 cups	1-1/2 cups
Chopped onions	1/4 cup	1/2 cup	1/2 cup	2/3 cup	3/4 cup

For a basic stuffing, pour herb seasoned croutons into a large mixing bowl. Add melted margarine or butter while tossing gently. Stir lightly while adding hot water or stock. The amount of water may be varied depending on preference for a fluffy or more moist stuffing.

For Celery-Onion Stuffing, cook celery and onions in the melted margarine until tender before mixing with croutons. Individualize the stuffing by adding giblets, oysters, chestnuts, chopped apples or mushrooms.

Spoon prepared stuffing loosely into body and neck cavities of the turkey, and cook any extra stuffing separately in a covered casserole for 30 minutes at 350°F. Continue to prepare turkey for roasting as directed above. To check for stuffing doneness, insert thermometer into stuffing in body cavity. Thermometer should read 165°F.



### THREE ROASTING METHODS TO CHOOSE FROM

No matter which of the three methods you choose for roasting, aluminum foil and nylon oven cooking bags eliminate much of the tedious effort in preparing the holiday bird. Meat stays moist and flavorful. Cleanup is a snap.

Factors that affect roasting times include variations in (1) ovens, (2) shape of turkeys and (3) degree of thawing. These variations make it important to begin checking for doneness 30 minutes to one hour before the end of the recommended roasting time.

Turkey is done when meat thermometer registers 180°F. To 185°F, thick part of drumstick feels soft when pressed with thumb and forefinger, or drumstick moves easily. Stuffing in a turkey needs to reach 165°F to be sufficiently cooked.

Let turkey stand at room temperature for 15 to 20 minutes for easier carving.

#### Foil-Tent Low Temperature Roasting—

Line a shallow roasting pan with heavy duty aluminum foil. Place turkey breast side up on rack in foil-lined pan. If a meat thermometer is used, insert into center of thigh next to body not touching bone.

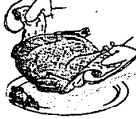
Place a "tent" of heavy duty aluminum foil loosely over turkey to prevent over-browning. To make tent, tear off a sheet of foil 5 to 10 inches longer than turkey. Crease foil crosswise through center and place over turkey, crimping onto sides of pan to hold in place. Place in non-preheated oven—roast according to chart. Turkey may be basted. Foil tent may be removed during the last half hour for a final browning.

#### APPROXIMATE ROASTING TIMES FOR FOIL-TENT TURKEY

Non-preheated oven temperature: 325°F.  
Internal temperature: 180-185°F.  
Stuffing temperature: 165°F.

Weight	Unstuffed	Stuffed
8 to 12 lbs.	3 to 4 hrs.	4 to 5 hrs.
12 to 16 lbs.	3-1/2 to 5 hrs.	4-1/2 to 6 hrs.
16 to 20 lbs.	4-1/2 to 6 hrs.	5-1/2 to 7 hrs.
20 to 24 lbs.	5-1/2 to 6-1/2 hrs.	6-1/2 to 7-1/2 hrs.

A slick trick for removing turkey from the pan: Fold a long strip of heavy duty aluminum foil over and over to make a strong band about three inches wide. Place one or two of these strips in pan, then lay turkey on top of them. Roll or fold ends down close to sides of pan. When turkey is done and ready to be removed from pan, grasp ends of foil band and lift to serving platter. Two strips, one under breast end and the other under thighs, are almost essential for removing 18-25 pound birds.



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#### Fully-Wrapped High Temperature Roasting—



This is the completely "wrapped in foil" method of roasting turkeys at high temperature. It was originally created to save time and to keep birds juicy. There is less evaporation of moisture so more broth for gravy.

Place prepared bird, breast side up, on sheet of heavy duty aluminum foil. (Small turkeys are laid across width of foil; large turkeys, lengthwise.) If necessary, for very large bird, join two lengths of foil using double fold. Pad wing tips, tail and ends of drumsticks with small folds of foil. Bring long sides of foil up, overlapping on breast of bird three inches. Close ends by folding foil up three inches to hold juices. Wrap loosely and do not seal airtight to allow heat circulation inside.

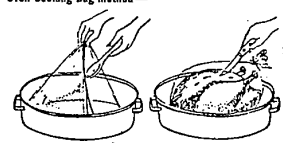
Insert meat thermometer through foil into center of thigh next to body, not touching bone. Place wrapped turkey, breast side up, in a shallow roasting pan. Place in non-preheated oven—roast according to chart. To brown turkey, open and turn back foil 20 minutes before roasting is finished. Continue roasting until meat thermometer reads 180-185°F.

#### APPROXIMATE TIMES FOR FULLY-WRAPPED TURKEY

Non preheated oven temperature: 450°F.  
Internal temperature: 180-185°F.  
Stuffing temperature: 165°F.

Weight	Unstuffed	Stuffed
6 to 10 lbs.	1-3/4 to 2 hrs.	2 to 2-1/2 hrs.
10 to 12 lbs.	2 to 2-1/4 hrs.	2-1/2 to 2-3/4 hrs.
12 to 16 lbs.	2-1/4 to 3 hrs.	2-3/4 to 3-1/2 hrs.
16 to 20 lbs.	3 to 3-1/2 hrs.	3-1/2 to 4 hrs.
20 to 24 lbs.	3-1/2 to 4-1/4 hrs.	4 to 4-3/4 hrs.

#### Oven Cooking Bag Method—



Preheat oven to 350°F. Shake one tablespoon flour in oven cooking bag. Place oven cooking bag in sturdy roasting pan, large enough to contain bag, as it puffs up during cooking. Since poultry tends to stick to cooking surfaces, place a few slices of onion and celery in bottom of bag.

Brush dry surface of prepared turkey with soft butter or margarine. Sprinkle with seasonings. Place turkey inside bag; close bag loosely with tie provided. Make six half-inch slits in top of bag. If using a meat thermometer, insert it through the bag into the center of thigh next to body, not touching bone.

Place in preheated oven—roast according to chart. Be sure that oven cooking bag does not touch oven walls or rack. If meat thermometer is not used, check turkey during last half hour of cooking time.

#### APPROXIMATE TIMES FOR OVEN COOKING BAG METHOD

Preheated oven temperature: 350°F.  
Internal temperature: 180-185°F.  
Stuffing temperature: 165°F.

Weight	Unstuffed	Stuffed
8 to 12 lbs.	2 to 2-1/2 hrs.	2-1/2 to 3 hrs.
12 to 16 lbs.	2-1/2 to 3 hrs.	3 to 3-1/2 hrs.
16 to 20 lbs.	3 to 3-1/2 hrs.	3-1/2 to 4 hrs.
20 to 24 lbs.	3-1/2 to 4 hrs.	4 to 4-1/2 hrs.

### CARVING GUIDE



1. Remove drumstick and thigh—To remove drumstick and thigh, press leg away from body. Joint connecting leg to backbone will oftentimes snap free or may be severed easily with knife point. Cut dark meat completely from body by following body contour carefully with knife.



2. Slicing dark meat—Place drumstick and thigh on separate plate and cut through connecting joint. Both pieces may be individually sliced. Tilt drumstick to convenient angle, slicing towards plate as shown in illustration.



3. Slicing thigh—To slice thigh meat, hold firmly on plate with fork. Cut even slices parallel to the bone.



4. Preparing breast—In preparing breast for easy slicing, place knife parallel and as close to wing as possible. Make deep cut into breast, cutting right to bone. This is your base cut. All breast slices will stop at this horizontal cut.



5. Carving breasts—After base cut, begin to slice breast. Carve downward, ending at base cut. Start each new slice slightly higher up on breast. Keep slices thin and even.

**AFTER THE FEAST:** Remove stuffing before refrigerating the cooked turkey. Store turkey and dressing separately wrapped in aluminum foil. Use within 2-3 days, or freeze for use within 2-3 months.