

Instructions for Roasting a Turkey & Turkey Breast

Since the turkey is the star of the show these guidelines will help you determine about how long to roast a stuffed, unstuffed or Turkey Turkey.

Oven cooking times vary, so always use a [meat thermometer](#) to gauge doneness.

If you have a [convection oven](#), know that this will also move things along faster.

Roasting times may vary up to 30 minutes, depending upon the bird and the oven.

Unstuffed Turkey. Place a meat thermometer in the thickest part of the thigh, taking care that it does not touch any bone. Oil and season the skin then cover the loose with foil. Roast the turkey until the meat thermometer reaches @160 degrees. See the below chart for roasting times. Start checking the thermometer during the last hour to be sure not to over cook. Remove the foil the last 45 minutes to brown the bird. After roasting let the bird rest at least 30 minutes before carving. This allows the juices to re-absorb keeping the turkey tender. During this resting period your bird will continue to cook reaching a safe temperature of 165 degrees (fully done).

Stuffed Turkey: Follow the directions above. And ... Use the meat thermometer to check the temperature of the dressing. The center of the dressing inside the bird (or in a separate baking dish) must reach a temperature of 165 degrees for food safety. Because of the variability of cooking times, it's always safer to cook stuffing outside of the bird. If you are going to stuff it, check the temperature of the dressing before serving and don't be afraid to microwave it to make sure the temperature is right.

Turkey roasting times are for a preheated 325 degrees Fahrenheit oven.

Take the chill off the Turkey... Let it sit for an hour or two before cooking

	<u>Stuffed</u>	<u>Unstuffed</u>
<i>Weight</i>	<i>Time</i>	<i>Time</i>
6-8	3 to 3 ½ hours	2 ½ hours to 3 hours
8-12	3 ½ to 4 ½ hours	3 to 4 hours
12-16	4 ½ to 5 ½ hours	4 to 5 hours
20 – 24	6 to 6 ½ hours	5 ½ hours to 6 hours

Turkey Breast : (Bone in –Skin on) Prep almost the same way you prep a turkey (see above). The breast on its own will usually cook quicker than a whole turkey. Preheat the oven to 450. Season and oil up the skin. Insert a meat thermometer in the thickest part . You want to reach the center of the breast. Turn the oven down to 350 and insert breast. Roast for an hour and begin checking the thermometer and continue checking very 15-20 minutes until it reaches @160. If it gets too brown while roasting cover loosely with foil. At 160 take it out of the oven to rest for 15-20 minutes before slicing . This give the juices time to redistribute keeping it tender and moist. While resting the breast temperature should rise to 165 (fully done).

HAPPY HOLIDAY !