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Find Local Turkey For Your Thanksgiving Dinner!

1 message

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Find A Local Turkey For Your Thanksgiving Dinner!

Fun Facts About Turkey



- Dark turkey meat typically contains more vitamins and minerals than white turkey meat but also more fat and calories.
- Turkey should be cooked until its internal temperature reaches 165° Fahrenheit.
- Pasture-raised turkeys typically have higher omega-3 content.
- Removing the skin of a turkey also removes much of the fat content.

Where To Find Locally Raised Turkey

Buy from a Massachusetts turkey grower and deal directly with the person who raises your turkeys and guarantees their freshness. Many turkey growers also offer



turkey roasted to order, complete with gravy and stuffing. Turkey pies, soups, salad, and party platters are some of the other items offered at a few of our native stores.

To find a local turkey producer near you, please visit <https://massnrc.org/farmlocator/map.aspx?Product=Turkey>.

How To Roast Your Turkey

- Set your oven temperature no lower than 325 °F.
- Place your turkey or turkey breast on a rack in a shallow roasting pan.
- For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 °F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 °F.
- A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
- If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 °F for safety.
- For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.
- Remove all stuffing from the turkey cavities.

Timetables for Turkey Roasting

(325 °F oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

Unstuffed

4 to 8 pounds (breast) - 1½ to 3¼ hours

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

Stuffed

6 to 8 pounds (breast) - 2½ to 3½ hours

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

It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

Optional Cooking Hints

- Tuck wing tips under the shoulders of the bird for more even cooking. This is referred to as "akimbo."
- Add ½ cup of water to the bottom of the pan.
- If your roasting pan does not have a lid, you may place a tent of heavy-duty aluminum foil over the turkey for the first 1 to 1 ½ hours. This allows for maximum heat circulation, keeps the turkey moist, and reduces oven splatter. To prevent overbrowning, foil may also be placed over the turkey after it reaches the desired color.
- If using an oven-proof food thermometer, place it in the turkey at the start of the cooking cycle. It will allow you to check the internal temperature of the turkey while it is cooking. For turkey breasts, place thermometer in the thickest part. For whole turkeys, place in the thickest part of the inner thigh. Once the thigh has reached 165 °F, check the wing and the thickest part of the breast to ensure the turkey has reached a safe minimum internal temperature of 165 °F throughout the product.
- If using an oven cooking bag, follow the manufacturer's guidelines on the package.
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REMEMBER! Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water.

For information on other methods for cooking a turkey, call the USDA Meat and Poultry Hotline

1-888-MPHotline (1-888-674-6854)

www.fsis.usda.gov

The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission is "to protect the rights, encourage the growth, and be of service to its members, in the best interest of agriculture."

For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

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