

VISUAL GUIDE TO POPULAR TURKEY CUTS OF MEAT

GROUND TURKEY MEAT:
Usually sold in pre-wrapped packages of 1 to 2 lbs.



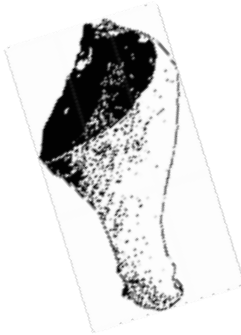
TURKEY WINGS:

A little larger than a chicken wing. Try these with your favorite wing sauce.



TURKEY LEGS:

Great for roasting or grilling. A single leg can feed two people.



BONE-IN BREAST:

The perfect cut for when you don't want to roast the whole turkey.



WHOLE TURKEY:

Before roasting, coat outside with olive oil, season with salt and pepper and lightly cover breast with aluminum foil to prevent over-browning.



OTHER TIPS FOR PREPARING TURKEY

Purchase one pound of turkey per person to be served. This formula allows for the holiday meal plus a little left over to put in your favorite "leftovers recipe."

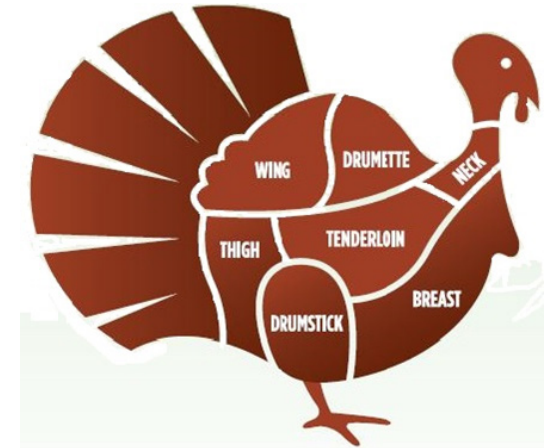
Select the size of turkey based on number of servings needed. There is no real difference between female (hen) and male (tom) turkeys in tenderness, white to dark meat ratio or other eating qualities. Hens typically weigh between 14 to 16 pounds and toms 15 pounds on up, so choose the size which best fits the number of dinner guests you expect. Ensure that the packaging is intact and avoid purchasing a bird with packaging that has rips or tears.

A whole frozen turkey may be stored in your freezer for up to 12 months. Take advantage of grocery store sales, buy one for now and one for later.

Select alternative turkey cuts if you are having a small gathering for the holiday. You can always ask the butcher to cut a whole fresh bird into two halves, roast one half and freeze the other half for a later occasion.

YOUR INDIANA TURKEY FARMERS PRESENTS:

A SHOPPERS GUIDE TO TODAY'S TURKEY CUTS & PREPARATION



For More Information:



www.IndianaTurkey.com

THAWING A WHOLE TURKEY

REFRIGERATOR METHOD: Thaw breast side up, in its unopened wrapper on a tray in the fridge. Allow at least 1 day of thawing for every 4 pounds.

COLD WATER METHOD: Thaw breast side down, in its unopened wrapper, with enough cold water to cover turkey completely. Change water every 30 minutes to keep turkey chilled. You will need about 30 minutes of thawing time per pound.

WHOLE TURKEY		
COOKING METHOD	ROAST (Conventional Oven)	ROAST (Convection Oven)
COOKING TEMP	325° F	
TIME	8-12 lbs: 2.5-3 hrs	8-12 lbs: 1.75-2.25 hrs
	12-14 lbs: 3-3.75 hrs	12-14 lbs: 2.25-3 hrs
	14-18 lbs: 3.75-4.25 hrs	14-18 lbs: 2.75-3.25 hrs
	18-22 lbs: 4.25-4.75 hrs	18-22 lbs: 3.25-3.50 hrs
FIVE EASY STEPS TO ROASTING A TURKEY (unstuffed)	1. Thaw the turkey and remove neck and giblets from the neck and body cavities.	
	2. Preheat the oven to 325° F.	
	3. Place turkey breast-side up on a rack in a shallow roasting pan.	
	4. Insert a meat thermometer into the thickest part of the thigh, not touching bone.	
	5. Roast the turkey, uncovered, until the meat thermometer registers 170° F.	

TURKEY TENDERLOINS: Attached to the inside of the turkey breast, it is the highest quality cut on the turkey.

COOKING METHOD	ROAST (Conventional Oven)	BROIL	GRILL
TEMPERATURE	400° F	High	Medium Heat
TIME	35 minutes	12 minutes	8-10 minutes
CHEF TIP	Tenderloins may be cut into medallions and cooked like breast cutlets. Cook to an internal temp of 165° F		

BREAST CUTLET: Half of the turkey breast is filleted off the bone, often cut into smaller portions for easier, more even cooking, one of the most versatile cuts.

COOKING METHOD	Pan Fry, Sear or Sauté.
TEMPERATURE	Medium-High Heat
TIME	About 2 minutes per side
CHEF TIP	Works well with breading. Cutlets will brown when seared, or brown lightly when sautéed. Cook to an internal temp of 165° F

GROUND TURKEY: A great, lean substitute for other ground meats, can be purchased with varying levels of percent fat content to fit the goals of your favorite recipe.

COOKING METHOD	SAUTE	BROIL	GRILL
TEMPERATURE	Medium-High Heat	High	Medium Heat
TIME	Until no pink remains.		
CHEF TIP	Place burgers 3 to 4 inches from heat source. Turn burgers about halfway through cooking time. Cook to an internal temp of 165° F		

WINGS, DRUMSTICKS & DRUMETTES: The easiest and fastest cuts to cook, they love and kind of sauce you can dream up for them.

COOKING METHOD	BAKE, ROAST or BRAISE (Conventional Oven)	PAN or DEEP FRY
TEMPERATURE	350° F	350° F
TIME	Until tender and browned	
CHEF TIP	Cook to an internal temp of 165° F for wings and 175° F for drumsticks. Turn parts at least once during cooking to ensure uniform cooking.	