
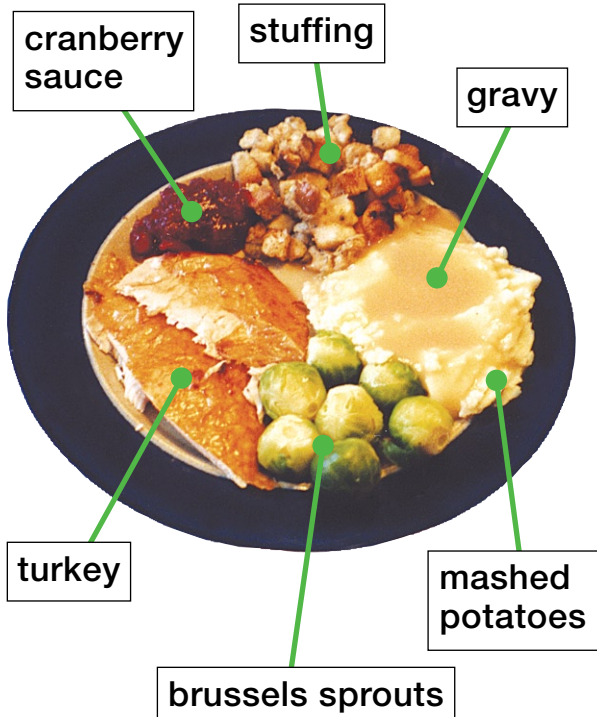


Yum! Yum! Turkey dinner

 Many people have a turkey dinner on Christmas Day. Turkey is also popular at Thanksgiving and at Easter.



Be careful!


Be careful when you cook turkey and stuffing. Follow the recipe and clean up carefully. You don't want anyone to get food poisoning.


Buying a turkey


You can buy different types of turkeys to cook. Read the label on the turkey carefully.

The recipe in *English Express* is for a **frozen turkey without stuffing**. You must thaw it in the refrigerator before you cook it.


Fresh turkey

 Look for a **best before date** on the turkey. You must cook the turkey before this date.

 What if there is no date on the package? You can keep the turkey in the refrigerator for one or 2 days before you cook it.

 It takes longer to cook a fresh turkey. Add 5 minutes per kilogram (3 minutes per pound) to the times in the *English Express* recipe.

Frozen turkey with stuffing

 You can also buy a frozen turkey that has stuffing inside. You don't thaw this turkey. You cook it from frozen! Follow the directions on the label.

Photos: Bev Burke • Art: Nola Johnston • Sources: Edmonton Journal; <www.atcoblueflamekitchen.com>

 [More on page 2](#)

Turkey recipe

For a frozen turkey without stuffing

Step 1: Thaw the turkey in the refrigerator

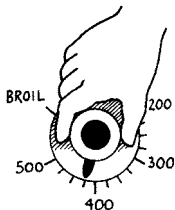
- Take the turkey out of the freezer. Put it in a large pan. Do not take off the plastic.
- Put the turkey in the coldest part of the refrigerator.



- ☞ It will take 2 to 4 days to thaw. For example, it will take 2 days for a small turkey and 4 days for a large turkey.
- ☞ You must cook a thawed turkey within 24 hours.

Step 2: Prepare the turkey

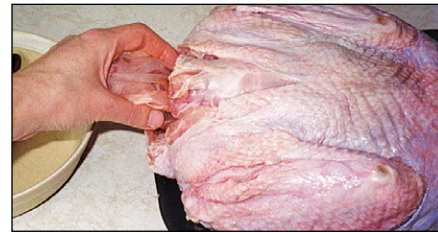
- Preheat the oven to 425°F.



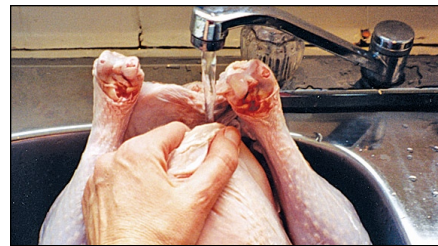
- Take the plastic off the turkey.

- Take out the neck and bag of giblets. Don't leave them inside the turkey.

Throw them away. **Or** you can cook the neck alongside the turkey. **Or** you can use the neck, heart and gizzard to make stock or gravy.



- Rinse the turkey inside and outside with cold water.



- Put the turkey in a large roasting pan. Put the breast up. Then rub some oil into the skin.



☞ [More on page 3](#)

Step 3: Cook the turkey

How long will it take to cook the turkey? Use the guide below.

Cooking times (no stuffing inside turkey)

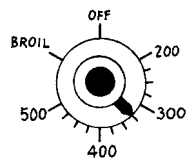
4.5 kg (10 lb.)	2¾ to 3 hours
7 kg (15 lb.)	3 to 3½ hours
9 kg (20 lb.)	4 to 4½ hours
12 kg (26 lb.)	4½ to 5 hours

■ Cover the turkey loosely with foil.

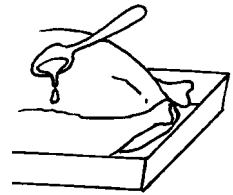


■ Cook the turkey at 425°F for the first 30 minutes.

■ Then turn the oven down to 325°F.



■ Baste the turkey every hour. You can use the liquid in the bottom of the pan.



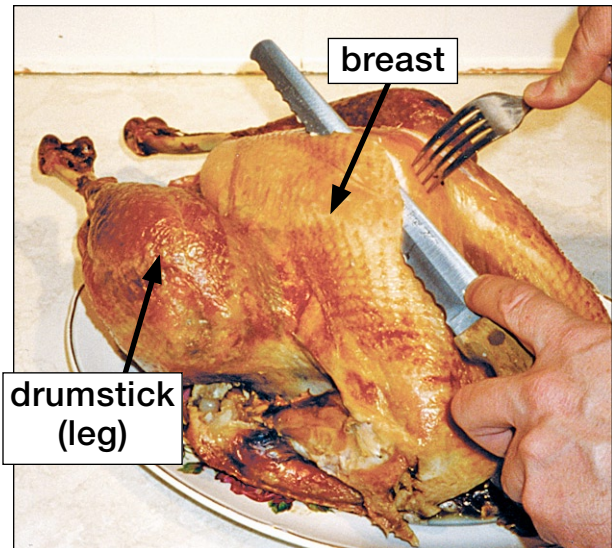
■ Take off the foil for the last 30 minutes.

Make sure the turkey is done

☞ Try to twist the drumstick. It should move easily.

☞ Stick a fork into the thigh. It should feel soft. The juice should be clear, not pink.

■ When the turkey is done, take it out of the oven. Wait 15 to 30 minutes before you carve it.



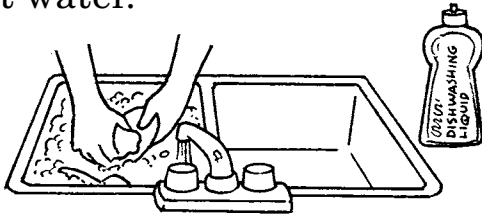
☞ More on page 4

Clean up carefully

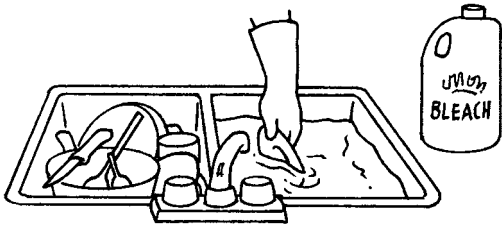
Clean up carefully after you put the turkey in the oven.

1 Wash your hands with soap and hot water.

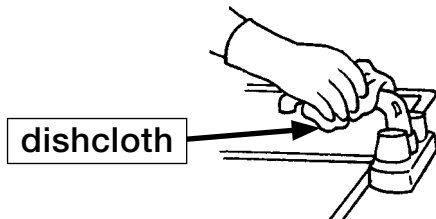
2 Wash the dishes that you used to prepare the turkey. Use dishwashing liquid and hot water.



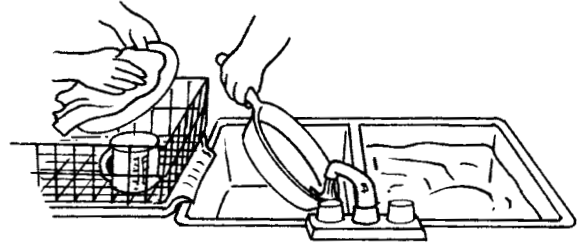
3 Next, rinse the dishes with chlorine bleach and water. Mix 15 mL (1 tbsp.) bleach per litre (quart) of water. You should wear rubber gloves to protect your hands.



4 Wipe the counters and taps with the bleach mixture. Use a **clean** dishcloth.



5 Finally, rinse the dishes with hot water. Then dry them with a **clean** towel.



Note: Do not mix bleach with dishwashing liquid. Some dishwashing liquids have ammonia in them. It is dangerous to mix ammonia and bleach.

6 Wash the dishcloths and dishtowels right away. Wash them in **hot** water. Use laundry detergent and some chlorine bleach.

