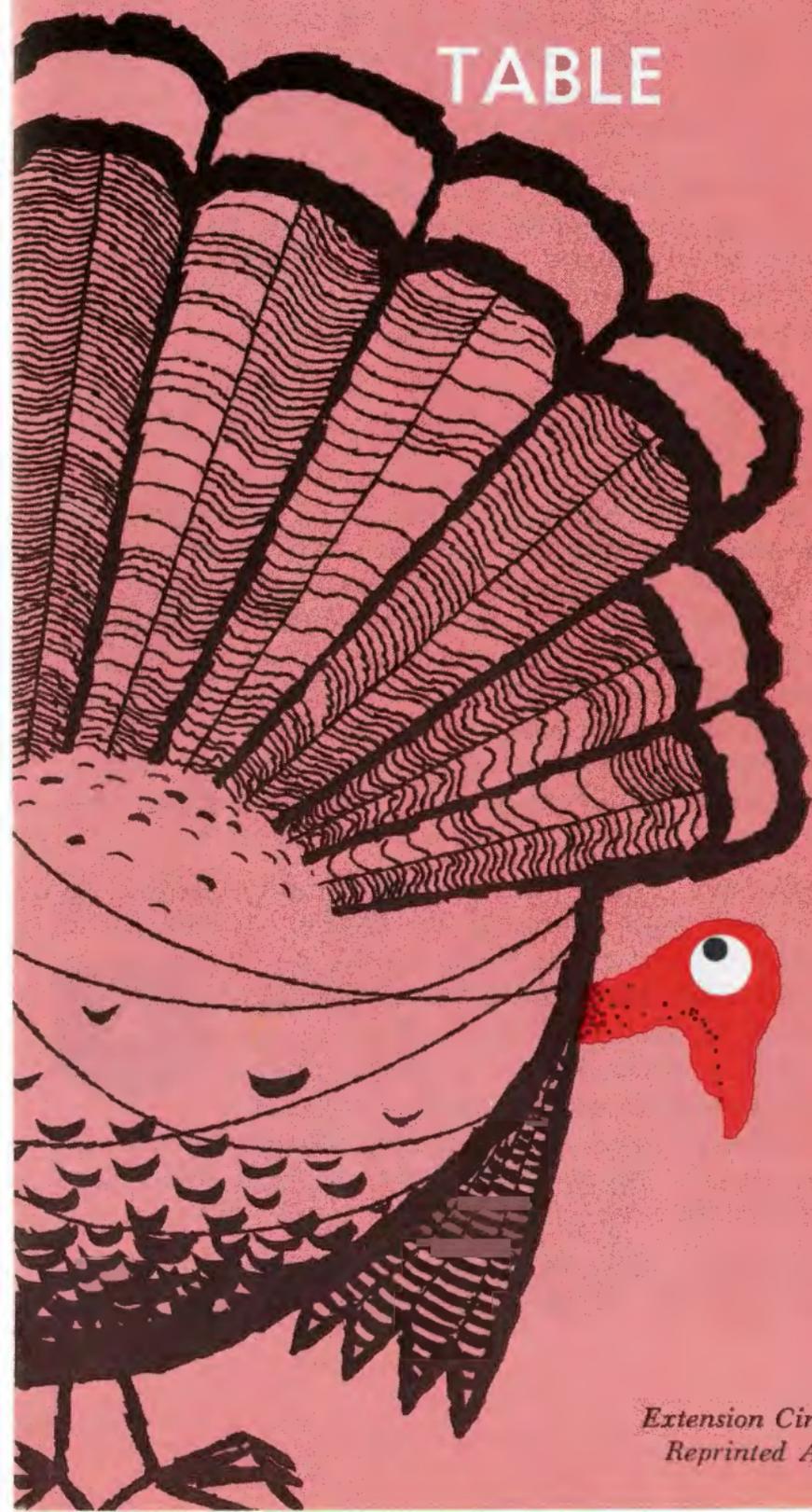
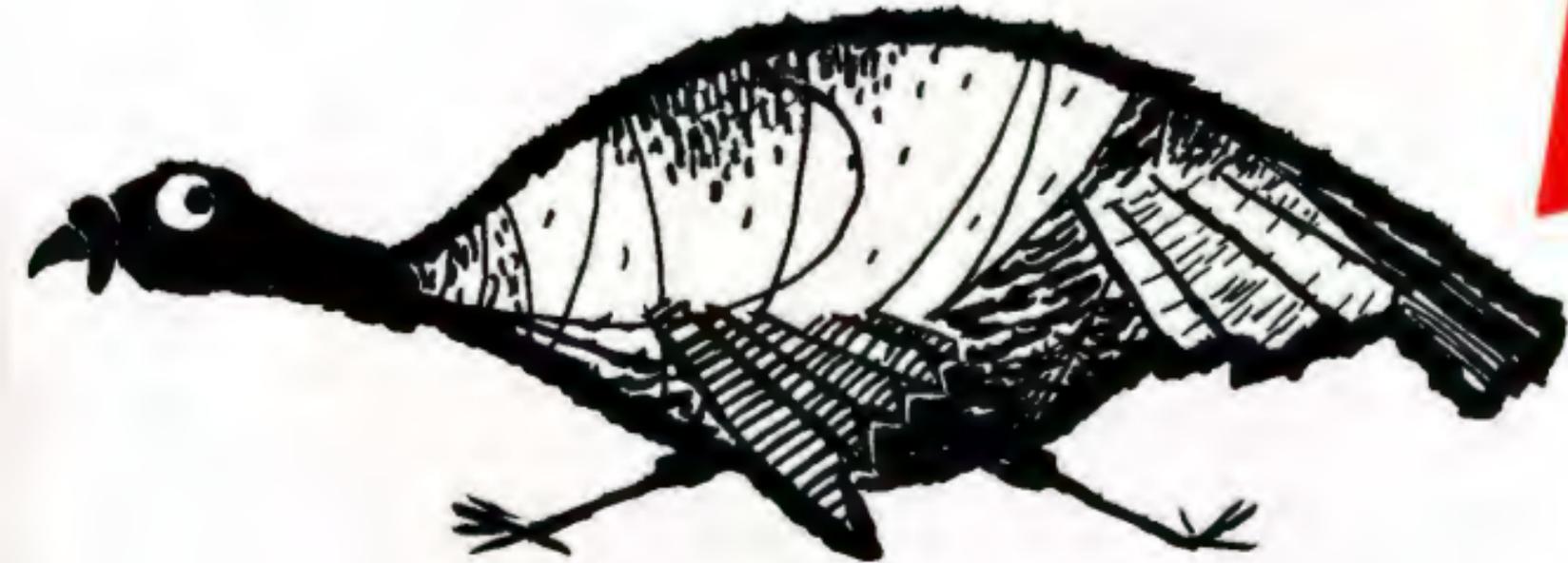


TURKEY

FOR
YOUR
TABLE





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TODAY'S TURKEYS are a good meat buy—all year round. They have about 50 per cent more meat than turkeys of a few years ago.

About two-thirds is white meat; one-third dark meat. This meat contains high quality complete protein, iron and phosphorus, the vitamins niacin and riboflavin, and comparatively little fat. The fat is high in unsaturated fatty acids.

BUYING TURKEY

YOUNG TURKEYS—the traditional holiday roasting birds—have tender meat and fairly smooth skin. They may weigh from 4 to 24 pounds, depending on type. The difference between toms and hens is mostly a difference in size.

MATURE BIRDS—also called yearling or spring turkeys—are not as tender as young ones, but they are meaty and flavorful if properly cooked. Although they can't be roasted successfully, moist heat cookery can be used to make the meat tender.

BUYING. Avoid turkeys with torn wrappings, annoying pinfeathers, excessive discoloration, or serious freezer burns.

INSPECTION. Turkeys grown in Washington are processed in plants that operate under state sanitary regulations. All poultry shipped in from other states must be inspected for wholesomeness by the U.S. Department of Agriculture. Look for a round USDA seal on the package. Most turkeys produced for local sale also carry the USDA inspection label. Some cities have local inspection programs, too.



LABELING. Labels show bird quality—either by registered trade name or by letters. Standards of quality are shown by trade names registered with state authorities. USDA grading is shown by an A, B, or C in a shield. Grade A is best, but the other birds are good eating, too. Grade B or C birds may have bruises, freezer burns, etc. They would be good for poaching and other uses where looks aren't important.



SERVINGS. Allow $\frac{3}{4}$ pound of turkey for an average serving. The larger the turkey, the greater the

amount of meat instead of bone. Correct cooking and carving skill affect the number of servings, also. Based on ready-to-cook weight, here are the servings per bird:

4 to 8 pounds	4 to 10 servings
8 to 12 pounds	10 to 20 servings
12 to 16 pounds	20 to 32 servings
16 to 20 pounds	32 to 40 servings
20 to 24 pounds	40 to 50 servings

STORING TURKEY

FROZEN. Keep frozen turkey at 0° F. or below until time to thaw for cooking. If the bird has thawed it is safe to refreeze it immediately if the bird is still at refrigerator temperature. Otherwise, cook immediately, chill quickly, remove meat from bones in large pieces when possible, and freeze for later use.

UNFROZEN. Cover turkey loosely and store in coldest part of refrigerator. Cook as soon as possible. The safe holding time depends on how fast the bird was chilled, how long it was stored, and how it was stored before you received it. You'd better cook turkey in one or two days.

COOKED. Right after the meal, remove chunks of leftover meat from bones, cover tightly, and refrigerate at once. If the turkey was cooked with liquid, cool the broth quickly by setting pan in cold running water. Then refrigerate. To give rapid cooling, spread pieces in a shallow pan.

THAWING FROZEN TURKEY

COLD RUNNING WATER. Put the sealed package in cold running water. Thawing will take from 4 to 6 hours, depending on size of turkey. Thaw until turkey is pliable.

REFRIGERATOR. Thawing in the refrigerator is possible, but often a space large enough for a turkey is

not available for a two to four day period. It takes an 18-pound turkey from two to three days to thaw in a refrigerator set at 35 to 40° F.

FOR SAFETY'S SAKE. Do not thaw frozen turkey at room temperature. Do not thaw in warm water.

STUFFING FOR TURKEY

TIMING. Turkey shouldn't be stuffed until just before roasting. Do not stuff ahead of time. Combine ingredients just before stuffing the bird.

INGREDIENTS. Use the following amounts to make savory stuffing for a 4-pound bird—1 quart firmly packed cubes of two- to four-day-old bread, $\frac{1}{4}$ to $\frac{1}{3}$ cup poultry fat or butter, $\frac{3}{4}$ cup chopped celery, 3 tablespoons chopped parsley, 2 tablespoons chopped onion, $\frac{1}{2}$ teaspoon savory seasoning or mixed poultry seasoning, $\frac{3}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{3}$ cup broth.

METHOD. Melt the fat in skillet and add the chopped celery, parsley, and onion. Cook 3 minutes and add seasoning and salt. Add this to bread cubes and mix thoroughly. Add broth. Pack stuffing lightly into body and neck cavity. If you bake dressing separately in a casserole, add about $\frac{1}{2}$ cup more broth per quart of bread crumbs; bake for 45 minutes to 1 hour.

FROZEN STUFFED TURKEY

A stuffed frozen bird should be kept frozen and then cooked exactly as the label directs. These birds are especially prepared and require special handling. The thawing and cooking instructions in this circular do not apply to birds stuffed before freezing.

ROAST TURKEY

Roast only young turkeys — whole birds, halves, quarters, or half breasts. Mature turkeys will not be tender if roasted. They need moist heat.

Plan roasting so that the turkey will be done half an hour before serving. Letting the turkey stand awhile between cooking and serving makes for juicy meat and easy carving.

Frozen turkey should be thawed before cooking. Then follow these steps:

- Preheat oven to 325° F.
- Remove giblets and neck from bird. They may be under a flap of skin at front of bird.
- Rinse turkey in cold water, but do not soak. Drain, pat dry. Remove pinfeathers. Rub cavity with salt.
- Stuff — if desired. For speedier cooking, roast the bird without stuffing; bake dressing separately during last hour.
- Lace up body cavity to hold stuffing. Fasten neck skin, wings, and drumsticks down with skewers or cord.
- Place bird on rack in shallow open pan, breast side up.
- Soak double cheesecloth or clean white cloth with liquid fat. Cover bird lightly. (If you don't use cloth, baste every half hour.)
- Roast at 325° F. for time given in table. This table is based on a bird being about 50° F. when placed in the oven. Time may be slightly more or less than guide.
- If bird browns too quickly reduce temperature to 300° F. or add fat to cloth cover.
- Test for doneness by moving drumstick. When turkey is completely done, drumstick will turn in thigh joint. Or, drumstick meat will be soft when pressed.

Roasting and Stuffing Guide

WEIGHT Ready- to-cook <i>Pounds</i>	STUFFING Bread- crumbs <i>Quarts</i>	ROASTING TIME AT 325° F.	
		Stuffed <i>Hours</i>	Unstuffed <i>Hours</i>
4 to 8	1 to 2	3 to 4½	2 to 2¾
6 to 12	2 to 3	3½ to 5	2½ to 3½
12 to 16	3 to 4	5 to 6	3½ to 4½
16 to 20	4 to 5	6 to 7½	4½ to 6
20 to 24	5 to 6	7½ to 9	6 to 7

STEAMED TURKEY

Steaming is a moist heat method that is good for the mature turkey. Use a roasting pan with a close-fitting lid; or cover the bird completely with heavy foil—dull side out—and place on pan with rack.

Cook covered at 375° F. Follow the timetable for roasting, but mature birds may take a little more time. Uncover for last 30 minutes to brown.

POACHED TURKEY

Poaching is a good cookery method for mature birds or for breast and thigh pieces of large turkeys. Meat from turkey prepared by poaching is fine for slicing cold and for salads and dishes that include cooked poultry meat.

- Use just enough water to cover bottom of kettle; add turkey pieces and seasonings. Allow 1 teaspoon salt and ½ teaspoon pepper for each 6 pounds of turkey; ⅛ teaspoon blended poultry seasoning may be added, too.
- Cover kettle tightly. Simmer slowly until meat is tender—about 2½ hours. Test the thicker portions—the thigh and breast—with a fork. They should be pliable.
- Cool as quickly as possible by setting kettle in cold water. Leave the turkey pieces in the broth until partly cool—this makes them juicy.
- Drain the pieces before the broth jells. Then thoroughly chill both the broth and pieces as quickly as possible. To cool pieces rapidly, spread a single layer in a pan and refrigerate.

BRAISED TURKEY

Pieces of either young or mature turkey may be cooked by braising in a skillet.

- Blend flour, salt, and poultry seasoning in a paper sack. Use 1 teaspoon salt for each 2 tablespoons flour. Drop in turkey pieces. Shake until coated.
- Brown pieces in hot fat in a heavy skillet.
- Add enough liquid to almost cover the pieces—water or ½ to 1 cup barbecue sauce thinned with water. Cover and simmer until tender—about 2½ to 4 hours.