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# COOKING INSTRUCTION FOR A RAW TURKEY



## RAW TURKEY

1. Preheat oven to 425°F. Remove gizzard and neck. Rinse turkey inside and out and pat dry.
2. In a small bowl, mix extra virgin olive oil, garlic, rosemary, basil, chopped sage, black pepper and salt. Also available as premixed poultry seasonings in our meat department.
3. Place the pan in the oven and reduce temperature to 325°F.

## Advanced Step

Loosen the skin from the breast. This is done by slowly working your fingers between the breast and the skin. Work it loose to the end of the drumstick, being careful not to tear the skin. Next, rub the mixture both under and over the skin. Place the remaining rosemary and sage sprigs in the turkey cavity; tie the legs together with kitchen string.

4. Cooking time varies according to your oven and the size of your turkey. As a guide, an 8-12 lb turkey will take 2-3 hours. Up to 16 lbs will take 3-4 hours. Up to 20 lbs will take about 5 hours. Add 1/2 hour for stuffed turkeys. (Convection ovens will reduce cooking times).
5. Although turkeys have pop-up timers, we suggested checking the internal temperature using a meat thermometer at the thickest part of the breast and thigh. When the internal temperature reaches 165°F, remove the turkey from the oven. Allow the turkey to rest on the counter for about 20 minutes before carving.

The USDA has lowered the internal cooking temperature from 180°F to 165°F. The lower temperature will give you the juiciest turkey with a slight bit of redness on the meat, if you desire no redness you may roast to a higher internal temperature.

**IMPORTANT:** Each time an oven door is opened valuable roasting time is lost. Every oven is different. Times above are suggestions.

**RECOMMEND SERVING SIZE:** 1lb to 1 ¼ lb per person