

Turkey Roasting 101

When preparing to roast your turkey, it is important that you take a few simple steps to preserve its tender, juicy texture and flavor. Your turkey should come very cold, nearly frozen in fact. This is done to preserve the fresh taste and keep your turkey from spoiling. We recommend you take your turkey out of your refrigerator 3-4 hours prior to cooking. It is normal for ice to be around the wings and drumsticks; this means your turkey has been properly refrigerated.

1. Remove the neck and giblets from the neck and chest cavities. Rinse the bird with cold water. Pat cavities lightly with a paper towel. There will be a plastic tie holding the legs together, grab in the middle of the tie and pull. It will come right out or leave in, it does not harm anything.
2. If you plan to stuff your turkey, do so right before cooking. NEVER stuff the turkey the night before, as this practice can encourage bacteria growth.
3. It is our recommendation that you do not stuff your turkey. We believe your turkey will be more moist, juicier and cook more thoroughly. We also recommend that you spoon some of the drippings over your stuffing to achieve that "stuffed" bird flavor.
4. Place the turkey, breast side up, in an open pan. Add about 4 cups of water (or broth) to the bottom of the pan (the liquid will help to preserve the bird's natural juices). Insert an oven-safe meat thermometer into one of the thighs, making sure the tip is not in contact with the bone. Your turkey will be done when it reaches 170° -180°
5. Tent the turkey with foil, but do not tightly seal the foil around the pan. This technique will create a self-basting process where the juices hit the foil and fall back onto the turkey, basting the turkey on all sides. Remove the foil 1 hour before the turkey is done to produce a rich golden brown color.
6. Let the turkey rest about 20 minutes before carving to allow juices to well up in the meat. This helps to preserve meat juices.
7. Even the most experienced cooks get nervous when it comes time to prepare a holiday turkey. To ease your worries, you are welcome to call our Butcher Shop.

Please Note: We will be closed on Thanksgiving Day.

General Roasting Instructions

(for non-stuffed turkeys)

Preheat oven to 325°

Weight	Roasting Time
10-12	2 1/2 - 3 hours
12-14	2 3/4 - 3 1/2 hours
14-16	3 - 3 3/4 hours
16-18	3 1/2 - 4 hours
18-20	3 3/4 - 4 1/2 hours
20-22	4 1/2 - 5 hours
22-24	4 1/2 - 5 1/4 hours
24-26	4 3/4 - 5 1/2 hours
26-28	5 - 5 1/4 hours
28-30	5 - 5 1/2 hours
30-32	5 1/2 - 5 3/4 hours

Proper Internal Temperatures:

Breast: 165°-170°

Thigh: 175°-180°



NEWPORT AVE MARKET 541.382.3940
OLIVER LEMON'S SISTERS 541.549.0711 | OLIVER LEMON'S TERREBONNE 541.548.2603