



Uncooked Fresh Turkey & Uncooked Organic Whole Turkey

Cooking Instructions

PREPARATION

1. Preheat oven to 425° F
2. Remove giblets and neck from body and neck cavities and rinse turkey thoroughly in cool water. Pat dry with a paper towel.
3. Rub the turkey with melted butter or olive oil and generously season with salt and pepper. Place your desired aromatics in the cavity of the turkey. We recommend garlic, onion, celery, carrot and thyme.
4. Tie the drumsticks together with twine and tuck the wings under the body. Transfer to a roasting pan breast side up.
5. Place in the oven – uncovered – for 30 minutes. After 30 minutes, pour 1 cup of water or stock into the pan and cover loosely with aluminum foil and place back into oven.
6. Reduce the heat to 325° F for the remaining roasting time (see our roasting chart).
7. One hour prior to finished time, remove the aluminum foil to allow the skin to brown.
8. At the end of roasting time, use a meat thermometer to confirm the internal temperature has reached 173° F.
9. **NOTE:** All of our turkeys contain a pop-up timer. When the pop-up timer pops up, that is a great time to check the internal temperature of your turkey to ensure it is **173° F**.
10. Discard any aromatics from the cavity. Let the turkey rest for at least 20 minutes prior to carving

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ESTIMATED ROASTING TIMES – ROASTING AT 325°F	
WEIGHT	ROASTING TIME
8 – 12 lbs	2 – 3 hours
12 – 16 lbs	3 – 4 hours
16 – 20 lbs	4 – 5 hours
20 – 24 lbs	5 – 6 hours
24 – 28 lbs	6 – 7 hours
28 – 32 lbs	7 – 8 hours

NOTE: These are estimated times. Please **use a meat thermometer** to confirm the internal temperature has reached **173° F**. All of our turkeys contain a pop-up timer. When that timer pops up, check your turkey to ensure it has reached **173° F**. + add 1/2 hour for stuffed turkey



Helpful Hints

TEMPERING

It's important to equilibrate the internal temperature of your turkey prior to roasting for a more even cook. Even though our turkeys are fresh, we recommend placing your turkey on a pan and placing it in the refrigerator (40°F or below) several days prior to roast. A good rule of thumb is one half day in the refrigerator for every 4 pounds.

PAN SELECTION

The pan you use can affect the roasting time. The deeper the pan, the longer the time.

STUFFING

Do not stuff turkey until you are ready to place it in the oven. Stuff the turkey loosely. Be sure all meat products in the stuffing are thoroughly cooked before placing in the turkey.

COOKING THERMOMETERS

We highly recommend the use of both oven and meat thermometers. Insert the meat thermometer into the breast of the turkey, **NOT TOUCHING THE BONE**. A reading of 173° F indicates the turkey is done.

POP-UP TIMERS

Our turkeys come equipped with a pop up timer programmed to activate when the turkey reaches an internal temperature of 178° F. The timers are accurate, however, preparation methods such as brining, basting and deep frying can affect the mechanism. If it has not activated within ½ hour of the scheduled roasting time, remove the turkey and check for doneness using a meat thermometer.

CARVING

After removing the turkey from the oven, allow it to rest for at least 20-30 minutes before carving. Not only will the meat slice much easier, but this time will permit the juices to be absorbed evenly, resulting in a tender, more tasty turkey.

OVEN CALIBRATION:

Due to possible variance in oven temperatures, we strongly recommend that all ovens be checked for accuracy at least every six months. The average household oven may vary as much as 100°F.



B&E **Frozen** Turkey Breast

PROPER HANDLING RECOMMENDATIONS

Keep frozen at 0°F. until ready for use. Thaw in refrigerator for 1-2 days, or place packaged turkey breast in sink with cold water. Change water frequently and allow 1/2 hour per pound to thaw. Refrigerate after thawing.

TO ROAST

Heat oven to 325°F. Place turkey breast on a rack in shallow pan. Roast skin side up at 325°F, using the times in the chart below and until meat thermometer inserted into the thickest part of the breast registers 165°F. Juices should run clear. Let turkey breast rest 15 minutes prior to carving.

APPROXIMATE OVEN ROASTING TIME AT 325°F

Weight	Cooking Time
4 – 7 lbs	2 ¼ - 2 ¾ hours
7 – 9 lbs	3 ¼ - 3 ¾ hours

Times will vary with the type of oven

Always cook to an internal temperature of 165°F.



VBM Oven-Ready Turkey

1. Preheat oven to 325° F
2. Remove plastic wrap and add 2 cups of water or chicken stock to the roasting pan before cooking.
3. Cook in the oven until the internal temperature is 165° F or the pop-up timer is activated (178° F).
4. If turkey starts to brown too much, cover with foil.

Note: See roasting chart for approximate cooking times.

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NOTE: These are estimated times. Please **use a meat thermometer** to confirm the internal temperature has reached **173° F**. All of our turkeys contain a pop-up timer. When that timer pops up, check your turkey to ensure it has reached **173° F**.