

Turkey Selection and Prep Tips

THANKSGRILLING 2019

- **Selecting the right Turkey**
 - *Picking the Right Size*
 - Remember that you will yield about 50% of the total weight
 - 19# Turkey will Yield about 9.5# of meat (dark and light meat)
 - I like to plan on about 1 – 1 ¼ Pounds of cooked turkey per person
 - This will account for any shrinkage, heavy eaters, leftovers, take home portions, etc
 - *What Turkey is Right?* – Read the labels, all turkeys will say what they contain, when in doubt check the nutrition panel for sodium content
 - *Solution Free Turkey* – should say contains Naturally Retained Water – that's it
 - This allows you to control the flavor from the package to the plate
 - These Turkeys take on flavor very easily
 - I prefer this Turkey, that way I control all the flavor from start to finish
 - *Pre Seasoned Turkey* – should say contains some % of Solution or Broth
 - This is a convenience that means there is already some brine in it
 - These Turkeys allow you to season the outside and get cooking
 - Less opportunity to control the end flavor
- **Turkey Prep**
 - *Defrosting the Turkey*
 - I recommend the safest defrost process there is.... From the freezer to the fridge
 - Place turkey in a pan to catch any juices that may drip/leak
 - Plan on 1 day of defrosting per 5 pounds of Turkey
 - Plan ahead for the best defrosting plan
 - For more defrosting food safety tips visit:
<https://www.foodsafety.gov/blog/2016/11/defrost-turkey.html>
 - *Turkey Prep Tips*
 - Carefully open the netting and remove
 - Carefully open the packaging and remove
 - Drain any juices into the pan
 - Remove the Giblets from the front neck area – usually under the flap of skin
 - Remove the Neck from the cavity
 - Trim off the Neck skin if desired
 - Trim off the tail portion if desired
 - Rinse the cavity and turkey
 - Place rinsed turkey back into a clean pan
 - Tuck the front wing tips under turkey
 - Prepare to Brine the turkey
 - Prepare to inject the turkey