

# <sup>THE</sup> FARMER'S RAIL

## **WHOLE TURKEY BREAST TIPS & COOKING SUGGESTIONS**

- Brining is completely optional, but it will add even more great flavor to your pasture raised turkey. If you choose to brine, make sure you begin a day before, brining for a minimum of 24 hours, but no more than 48 hours.
- Let your turkey breast come to room temperature before cooking, at least one hour.
- Pat your turkey dry with some paper towels before seasoning.
- Don't over season. Our favorite preparation is an herbed butter rubbed inside and outside of the skin with some salt and pepper.
- Toss in some quartered onions, chopped carrots and celery into the roasting pan, it will add great flavor.
- We recommend roasting skin side up on an elevated roasting rack.
- Set your oven temperature to 375F. Place your turkey breast, uncovered, in the pre heated oven.
- Pasture raised turkey will cook more quickly than a conventional bird. A good guesstimate for cooking time is 18-20 minutes per pound. So, if you have a 6# turkey breast, your total time is approximately 114 minutes.
- Put away your timer and use a meat thermometer, it's the only sure way to have a perfect turkey.
- Begin to check the temperature of your turkey about half way through your guesstimated cooking time. This will gauge how quickly it's cooking. Place your thermometer inside the middle of the breast. Make sure to not touch the bone or you will get a false reading.
- Once the skin starts to get golden brown, tent the breast with foil.
- Remove your turkey when your meat thermometer reads 158F in the center of the turkey breast. Your turkey will continue to cook while resting and reach 165F.
- Let it rest for 20 minutes before carving. (Very important!)
- To make a gravy combine your drippings with a roux, turkey or chicken stock, and fresh herbs. Season to taste with salt and pepper.
- Enjoy your awesome Brunty Farms turkey!