

^{THE} FARMER'S RAIL

BONELESS TURKEY BREAST TIPS & COOKING SUGGESTIONS

- Let your turkey breast come to room temperature before cooking.
- Pat your turkey dry with some paper towels before seasoning.
- Don't over season. Our favorite preparation is an herbed butter rubbed all over the breast 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 (if skin on) 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 3# turkey breast, your total time is approximately 57 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 for an accurate reading.
- Once the skin starts to get golden brown (if skin on), tent the breast with foil.
- Remove your turkey breast 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!