

THE **FARMER'S RAIL**

WHOLE TURKEY 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 or two before, brining for a minimum of 24 hours, but no more than 48 hours.
- Let your bird 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. Plan on 1 pound butter for a 20 pound turkey.
- Toss in some quartered onions, chopped carrots and celery into the cavity, it will add great flavor.
- We recommend roasting breast side up.
- Set your oven temperature to 450F to start the turkey hot. Place your turkey, uncovered, in a pre heated oven. Cook for 2 minutes per pound, then turn down the heat to 325F for the remainder of the cooking time.
- Pasture raised turkeys will cook more quickly than a conventional bird. A good guesstimate for cooking time is 10-12 minutes per pound. So, if you have a 20# turkey, your total time is approximately 220 minutes. You'll have 40 minutes cooking at 450F and then approximately 180 minutes cooking at 325F.
- 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 and thigh. 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 20-30 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!