



# Turkey Time

STEP BY STEP ON HOW TO  
THAW, COOK, AND CARVE  
A TURKEY



GLEANERS

## 1. Defrost

### PLAN A

One safe way to defrost your turkey is placing it in the refrigerator. You can leave it in the plastic wrap it comes in. There is a chart below to help you determine how many days the turkey will take to defrost in the refrigerator.

Turkey Size	Time in Refrigerator
10 to 12 lbs.	2 to 2 ½ days
12 to 16 lbs.	2 ½ to 3 days
16 to 20 lbs.	3 to 4 ½ days

## Defrost

### PLAN B

Another safe way to defrost your turkey is in cold water. The turkey needs to be completely covered by cold water while still in the plastic wrap. The water needs to be changed every 30 minutes.

Turkey Size	Time in Cold Water
10 to 12 lbs.	5 to 6 hours
12 to 16 lbs.	6 to 8 hours
16 to 20 lbs.	8 to 10 hours

\*water must be changed every 30 minutes

<https://www.foodsafety.gov/food-safety-charts/meat-poultry-charts#:~:text=Turkey%20Thawing%20Time,until%20the%20turkey%20is%20thawed.>

## 2. Prep Turkey



1. Remove giblets inside turkey.



2. Mix a stick of melted butter and a blend of your favorite spices which could include black pepper, garlic powder, and basil to rub on turkey for flavor.



3. Place turkey in pan and cover with tin foil.

<https://www.bettycrocker.com/how-to/tipslibrary/cooking-tips/how-to-cook-a-turkey>

## 3. Cook Turkey

Preheated oven to 325 °F

The table below will help you estimate how long your turkey will take to cook in the oven.

Turkey Size	Estimated Cook Time
10 to 12 lbs.	3 to 4 hours
12 to 16 lbs.	4 to 5 hours
16 to 20 lbs.	5 to 6 ½ hours

<https://www.foodsafety.gov/food-safety-charts/meat-poultry-charts#:~:text=Turkey%20Thawing%20Time,until%20the%20turkey%20is%20thawed.>

## 4. Check Turkey

The safest way to know your turkey is done is to use a food thermometer. The internal temperature should read 165°F in three different spots including the deepest part of the breast, the joint between the thigh and the body, and the joint between the drumstick and the thigh.



<https://www.lifehack.org/articles/lifestyle/10-common-turkey-mistakes-you-wont-make-this-thanksgiving.html>  
<https://www.seriouseats.com/2016/11/how-to-take-the-temperature-of-your-turkey>

## 5. Turkey Gravy

**8 SERVINGS**

**10 MINUTE PREP TIME**

- 1/4 cup turkey drippings (juices from turkey)
- 1/4 cup all purpose flour
- 2 cups liquid (broth or water)
- Salt and Pepper to taste

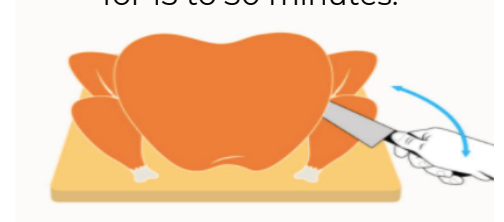
1. Pour drippings into bowl and measure 1/4 cup. You want to leave the lumps of fat out. Place in sauce pan.
2. Stir in flour and heat over medium heat, constantly stirring until smooth.
3. Add in liquid and heat until boiling, stirring constantly. Let boil for 1 minute, or until desired thickness. Stir in salt and pepper to taste.



<https://www.bettycrocker.com/recipes/foolproof-turkey-gravy/f5652d3d-c137-435e-b84f-fa9cc8e25828>

## 6. Carve Turkey

1. Before carving, allow turkey to rest for 15 to 30 minutes.



2. Make sure the body of the turkey is stable, breast side up. Remove the legs and wings by pulling away from the body until you hear a pop, and cut off with knife. Separate the thighs from the drumsticks.



3. Find the breast bone in the center of the body. Use your knife to cut along that bone downward toward the table.
4. Slice the breast meat as thick or as thin as desired. Remember to watch where your fingers are.

<https://www.foodnetwork.com/how-to/photos/how-to-carve-a-turkey-step-by-step>



For more recipes and nutrition information, visit [GleanersNutritionHub.org](https://GleanersNutritionHub.org).