



***Time the turkey to perfection this Christmas!***



***Christmas is the season for friends,  
family, food and good times.***

Here at **safefood** we want to make sure you have a safe and tasty, festive turkey. This handy guide gives you advice on buying, storing, defrosting and cooking your turkey.

# BUYING & STORING

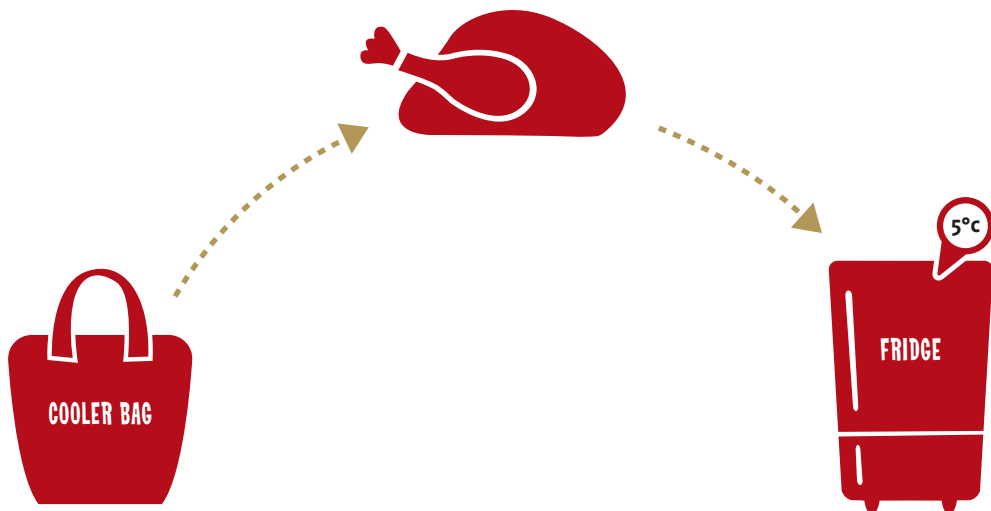
If you are buying a **fresh turkey**, buy it as close to Christmas as possible, bring it home quickly and store it in the fridge. If you are buying a **frozen turkey**, get it into the freezer without delay and keep it there until you are ready to defrost it.

Remember to store any raw meat and poultry on the **bottom shelf of the fridge** to prevent meat juices from dripping on to other foods and spreading germs around the fridge.

To keep the food in your fridge safe, aim to keep the coldest part of the fridge (usually the bottom shelf above the salad bin) at 5°C or below.

You can make more room by storing drinks (except milk and fruit juices) in a cool place or summer coolbox.

Don't wash your turkey. This can spread germs to your sink and kitchen surfaces.

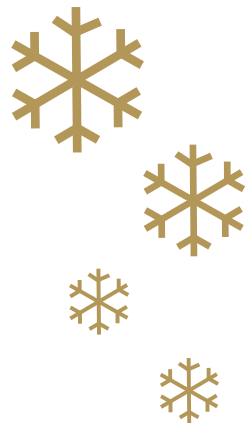


# DEFROSTING

Make sure your turkey is **fully defrosted** before cooking. You'll know it's completely thawed when the body is soft, the legs can be moved and there are no ice crystals inside the cavity.

The safest way to defrost your turkey is on the **bottom shelf of the fridge** on a plate or tray.

It will take **at least 24 hours to defrost every 2-2.5kgs of turkey**, so it can take up to 3 days to defrost a frozen 7.5kg turkey! Make sure you check the weight on the label and give yourself enough time.



# COOKING YOUR TURKEY

**To cook your turkey to perfection:**

- Remember to handle your turkey as little as possible. Thoroughly wash your hands and any surfaces that come in contact with raw turkey
- Preheat your electric fan-assisted oven to 180°C and place the turkey breast up on a roasting tray
- If you're stuffing the turkey, loosely pack the stuffing (weighing no more than 10% of the weight of the bird) in the cavity
- Cover the turkey with foil and baste it every hour
- Remove the foil for the last half hour to brown the skin
- Allow the turkey to rest for half an hour before carving. Cover the bird with foil during this period

### *Cooking times for a pre-heated, electric fan assisted oven at 180°C*

<b>Weight unstuffed turkey (kg)</b>	<b>Cooking time unstuffed</b>	<b>Cooking time stuffed</b>
4	3 hrs 20 mins	3 hrs 50 mins
4.5	3 hrs 30 mins	4 hrs 5 mins
5	3 hrs 40 mins	4 hrs 20 mins
5.5	3 hrs 50 mins	4 hrs 40 mins
6	4 hrs	4 hrs 55 mins
6.5	4 hrs 10 mins	5 hrs 10 mins
7	4 hrs 20 mins	5 hrs 25 mins
7.5	4 hrs 30 mins	5 hrs 40 mins
8	4 hrs 40 mins	5 hrs 55 mins
8.5	4 hrs 45 mins	6 hrs 10 mins
9	4 hrs 55 mins	6 hrs 25 mins
9.5	5 hrs 5 mins	6 hrs 40 mins
10	5 hrs 15 mins	6 hrs 55 mins

### *Cooking times for unstuffed turkeys in conventional and gas ovens (Pre-heated oven to 180°C / 350°F / gas mark 4)*

<b>Weight unstuffed turkey (kg)</b>	<b>Cooking time unstuffed</b>
3.5-5.5	3 hrs - 4 hrs 20 mins
5.5-6.5	4 hrs 20 mins - 5 hrs
6.5-8	5 hrs - 6 hrs 20 mins
8-9	6 hrs 20 mins - 7 hrs
9-11	7 hrs - 8 hrs 20 mins

### **AN IMPORTANT NOTE ABOUT STUFFING**

If you have an electric fan-assisted oven you can safely stuff the body cavity of the turkey. The stuffing should be loosely packed in the body cavity.

If you have any other type of oven, we recommend that you cook your stuffing in a separate oven-proof dish.



# BEFORE SERVING

Before serving, ensure your turkey is properly cooked by looking for the following:

- Make sure there is **no pink meat left**
- The **juices should run clear** when the thickest part of the leg and breast meat are pierced with a clean fork or skewer
- Check that the **meat is piping hot all the way through** – it should be steaming
- In cavity-stuffed turkeys, the **stuffing should also be piping hot at the centre** as this is the slowest point to cook in stuffed turkeys

*For more information about cooking your turkey to perfection, including our advice on using different types of ovens, please phone the helpline (NI) 0800 085 1683 (ROI) 1850 40 4567 or visit our website [www.safefood.eu](http://www.safefood.eu)*



# TURKEY LEFTOVERS

As with any food you cook and don't eat straight away, it is important that your Christmas leftovers are stored and handled safely.

**Follow our advice and use our delicious recipes to make the most of your leftovers:**

- Leftovers should be cooled as quickly as possible
- Cover your leftovers and **put them in the fridge within 2 hours** of cooking
- Leftovers should be eaten **within 3 days**
- Always reheat leftovers until they are piping hot all the way through
- Never reheat food more than once

Exciting **Christmas leftover recipes**, such as turkey and leek pie, can be found on our website, [www.safefood.eu](http://www.safefood.eu)



## **FIND THE COOKING TIME YOUR TURKEY NEEDS**

*Check the table in this leaflet or contact us.*



**Visit [www.safefood.eu](http://www.safefood.eu)**

Use the interactive online turkey calculator



**Call**

Our expert friendly team are here to help

**NI - 0800 0851683 ROI - 1850 404 567**