



▶ PURCHASING AND THAWING YOUR TURKEY



▶ COOKING YOUR TURKEY



▶ RECIPES FOR YOUR FEAST AND LEFTOVERS

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LET'S TALK TURKEY!!



GOBLIN'
GOOD EATIN'
PRUDENT
PRICE TAGS

As Thanksgiving approaches, cooking the traditional turkey dinner gives rise to anxieties and questions. What kind of turkey should I buy? Should I buy a frozen turkey or a fresh one? How do I store my turkey?

A few simple steps will not only ease your holiday fears, but will ensure a delicious and a safe meal for you, your family, and your friends. The following information may help you prepare your special Thanksgiving meal and help you countdown to the holidays.

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal. Ask these questions to help plan your meal. Do you want a fresh or frozen turkey? Do you have enough space to store a frozen bird if purchased in advance; if not, when should you purchase a turkey? What size bird do you need to buy?

If you choose to buy a frozen bird you may do so at any time, but make sure you have adequate storage space in your freezer. If you buy a fresh turkey, be sure you purchase it only 1-2 days before cooking. Do not buy a pre-stuffed fresh turkey.

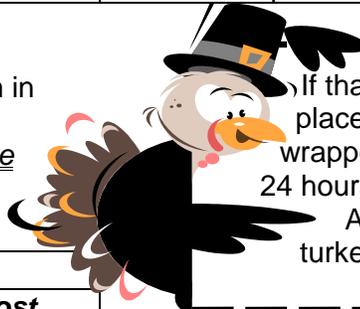
Use the following chart as a helpful guide:

What Size Turkey to Purchase		Thawing Time in the Refrigerator	
Size of Turkey	Number of People	Size of Turkey	Number of Days
Whole bird	1 pound per person	4 to 12 pounds	1 to 3 days
Boneless breast of turkey	½ pound per person	12 to 16 pounds	3 to 4 days
Breast of turkey	¾ pound per person	16 to 20 pounds	4 to 5 days
Pre-stuffed frozen turkey	1¼ pounds per pound*	20 to 24 pounds	5 to 6 days

*Keep frozen until ready to cook.

If you forget to thaw the turkey or don't have room in the refrigerator for thawing, don't panic. You can submerge the turkey in **cold** water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey.

Thawing Time in Cold Water	
Size of Turkey	Hours to Defrost
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours



If thawing in the refrigerator, place frozen bird in original wrapper. Allow approximately 24 hours per 5 pounds of turkey. After thawing, keep turkey refrigerated for only 1-2 days.

Microwave thawing is safe if the turkey is not too large. Check manufacturer's instructions for the size turkey that will fit, the minutes per pound, & the power level to use. Cook immediately.

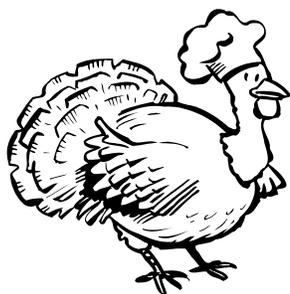
The day before Thanksgiving: Make sure you have all the ingredients you need to prepare your holiday meal. Check to make sure you have all the equipment you will need, including a roasting pan large enough to hold your turkey, and a food thermometer. Wet and dry stuffing ingredients can be prepared ahead of time and refrigerated separately. This may also be done on Thanksgiving Day. Mix ingredients just before placing the stuffing inside the turkey cavity or into a casserole dish.

Thanksgiving Day: If you choose to stuff your turkey, stuff loosely. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment. Place stuffed turkey in oven immediately. You may also cook the stuffing outside the bird in a casserole. Judging cooking time for your turkey will be easier if the following chart is used. The times listed are for a fresh or thawed turkey in an oven at 325°F. These times are approximate.

A whole turkey is safe cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast.

All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165°F. The stuffing should reach 165°F, whether cooked inside the bird or in a separate dish.

When turkey is removed from the oven, let it stand 20 minutes. Remove stuffing and carve turkey.



Timetables for Turkey Roasting (325°F oven temperature)

Size of Turkey	Un-Stuffed	Stuffed
8 to 12 pounds	2 ¾ to 3 hours	3 to 3 ½ hours
12 to 14 pounds	3 to 3 ¾ hours	3 ½ to 4 hours
14 to 18 pounds	4 ¼ to 4 ½ hours	4 to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ½ hours	4 ¼ to 4 ¾ hours
20 to 24 pounds	4 ½ to 5 hours	4 ¾ to 5 ¼ hours

A food thermometer should be used to ensure a safe minimum internal temperature of 165°F has been reached to destroy bacteria and prevent foodborne illness.

Many variables can affect the roasting time of a whole turkey:

- A partially frozen turkey requires longer cooking.
- A stuffed turkey takes longer to cook.
- The oven may heat food unevenly.
- Temperature of the oven may be inaccurate.
- Dark roasting pans cook faster than shiny metals.
- The depth and size of the pan can reduce heat circulation to all areas of the turkey.
- The use of a foil tent for the entire time can slow cooking.
- Use of the roasting pan's lid speeds cooking.
- An oven cooking bag can accelerate cooking time.
- The rack position can have an effect on even cooking and heat circulation.
- A turkey or its pan may be too large for the oven, thus blocking heat circulation.

Roasting Instructions

1. Set the oven temperature no lower than 325°F. Preheating is not necessary.
2. Be sure the turkey is completely thawed. Times are based on fresh or thawed birds at a refrigerator temperature of 40°F or below.

3. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2 ½ inches deep.

Optional steps:

- Tuck wing tips back under shoulders of bird (called “akimbo”).
 - Add one-half cup water to the bottom of the pan.
 - In the beginning, a tent of aluminum foil may be placed loosely over the breast of the turkey for the first 1 to 1 ½ hours, and then removed for browning. Or, a tent of foil may be placed over the turkey after the turkey has reached the desired golden brown color.
4. For optimum safety, cook stuffing in a casserole. If stuffing your turkey, mix ingredients just before stuffing it; stuff loosely. Additional time is required for the turkey and stuffing to reach a safe minimum internal temperature (see chart above).
 5. For safety and doneness, the internal temperature should be checked with a food thermometer. The temperature of the turkey and the center of the stuffing must reach a safe minimum internal temperature of 165°F. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast.
 6. Let the bird stand 20 minutes before removing stuffing and carving.

Recipes for your Feast

Golden Roasted Turkey Breast

¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon coarsely ground black pepper
¼ teaspoon salt
1 uncooked turkey breast (about 5 lbs.), thawed
1 tablespoon all-purpose flour
1 roasting bag

Preheat oven to 350°F. In a small bowl, combine onion powder, garlic powder, pepper, and salt; set aside.

Rinse turkey and pat dry. Loosen skin with a knife; then cut skin down one side of breast. Pull skin aside, sprinkle turkey with seasonings; replace skin.

Place flour in roasting bag; shake to coat. Add turkey to bag and close using nylon tie that accompanies it. Cut six ½-inch slits in top of bag to allow steam to escape. Insert meat thermometer into breast through one of the slits in the bag. Bake approximately 2 hours or until thermometer registers 165°F. The meat should be tender & no longer pink. Remove from oven and allow meat to stand 20 minutes before slicing; discard skin.

4 oz. serving: 134 calories, 1 g fat, 94 mg cholesterol, 88 mg sodium, 30 g protein

Southern-Style Green Beans

1 lb. fresh green beans
2 ½ cups water
2 teaspoons corn oil
2 cubes beef bouillon*
¼ cup finely diced onion
⅛ teaspoon salt

**low sodium beef bouillon was used in nutritional information.*

Remove strings from green beans; break beans into bite-sized pieces. Wash and place in a 2-quart pan. Add water, oil, bouillon cubes, and onion. Bring to a simmer.

Cover and cook for 30 minutes or until beans are tender when pierced with a fork; stir periodically. Add salt, stir, and continue cooking until most of the liquid is evaporated and the beans are very tender.

½ cup serving: 38 calories, 2 g fat, 0 mg cholesterol, 56 mg sodium, 4 g carbohydrates

Sweet Potato Soufflé

2 cups sweet potatoes, cooked & mashed
1 ¼ cup sugar
2 eggs
½ teaspoon cinnamon

- ½ teaspoon nutmeg
- ⅓ cup melted margarine
- 1 cup milk

TOPPING:

- ½ cup chopped nuts
- ½ cup brown sugar, packed
- ⅓ cup melted margarine
- ¾ cup cornflakes, crushed

Combine first 7 ingredients; mix thoroughly. Pour into a 2-quart casserole that has been coated with nonstick cooking spray. Bake 30 minutes at 400°F. While this is baking, combine topping ingredients. Mix thoroughly. Spread over casserole and bake 10 minutes longer, or until mixture is firm.

Cranberry Salad

- 1 (3 ounce) package lemon gelatin
- 1 (3 ounce) package cherry gelatin
- 3 cups boiling water
- Sugar substitute equivalent to ½ cup sugar
- 1 tablespoon lemon juice
- 1 (8 ounce) can crushed unsweetened pineapple, juice-packed
- 3 cups fresh cranberries
- 1 small orange, quartered and seeded
- 1 cup celery, finely diced
- ½ cup nuts, chopped

Dissolve gelatin in boiling water. Add sugar substitute. Add lemon juice and undrained pineapple. Chill until partially set. Grind oranges and cranberries in food processor. Fold into gelatin mixture along with celery and nuts. Let chill until firm. Serves 6.

Scalloped Parmesan Potatoes

- 6 medium potatoes (2 ¼ pounds)
- 1 ½ cups skim milk
- 2 tablespoons dried minced onion
- 6 tablespoons parmesan cheese
- 1 tablespoon cornstarch
- 1 teaspoon garlic powder
- pinch nutmeg
- black pepper to taste

Preheat oven to 350°F. Rinse potatoes under cool running water. Peel the potatoes, then slice very thin. Arrange potatoes in a large bake-proof casserole dish. Mix the remainder of the ingredients in a medium-sized mixing bowl, then pour over the potatoes. Bake uncovered until potatoes are tender, about 1 hour. Serve hot.

Pumpkin Roll

- 3 eggs
- 1 cup sugar
- 1 cup chopped nuts
- ½ cup pumpkin purée
- ½ tablespoon lemon juice
- ¾ cup flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1 teaspoon ginger
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 4 tablespoons margarine
- 6 ounces light cream cheese
- ½ teaspoon vanilla extract
- 1 cup powdered sugar

Cream eggs and sugar; beat 5 minutes. Add next 9 ingredients; mix well. Grease and flour a 15x10-inch jelly roll pan. Pour ingredients in pan. Bake in 350°F oven for 20 minutes or until toothpick inserted in center comes out clean. Sprinkle powdered sugar on towel; place baked cake on towel. Place in refrigerator until cool. Once cooled, remove from refrigerator and spread remaining four ingredients over cake; roll up. Sprinkle with additional powdered sugar if desired. Chill until serving time.

Easy Pecan Praline Cake

- 1 package butter recipe cake mix
- 1 container coconut pecan frosting
- 4 eggs
- ⅓ cup vegetable oil or applesauce
- ¾ cup water
- 1 cup chopped pecans

Preheat oven to 350°F. Spray a large bundt pan with non-stick cooking spray. Combine the cake mix, frosting, eggs, oil, water and half of the

pecans. Mix until combined. Sprinkle the remaining pecans in the prepared bundt pan; pour cake batter on top. Bake for 50 minutes or until toothpick comes out clean.

Lemon Velvet Supreme

- 2 cups vanilla yogurt, fat-free
- 3 tablespoons instant, lemon pudding mix
- 8 squares graham crackers, crushed
- 1 cup fresh strawberries, diced

Combine vanilla yogurt and pudding mix; gently stir together. Layer bottom of serving dish with crushed graham crackers. Pour pudding mixture over cracker crumbs. Top with fresh diced strawberries.

1/6th Recipe: 150 calories, 1 g fat, 21 mg sodium, 5 g protein

Guiltless Pumpkin Pie

- 2 large eggs
- ½ cup granulated sugar
- 1 ½ teaspoons pumpkin pie spice or ¾ teaspoon ground cinnamon and ground nutmeg
- ¼ teaspoon salt
- 1 (15 ounce) can pumpkin

- 1 (5 ounce) can fat-free evaporated milk
- Optional – low fat whipped topping and ground cinnamon

Preheat oven to 350°F. Lightly grease a 9-inch pie plate; set aside. Place eggs in large bowl and beat with whisk. Add sugar, spices, and salt; stir well. Stir in pumpkin and evaporated milk.

Pour into prepared pie plate and bake for 40-45 minutes or until center is set. Remove from oven and cool on wire rack. Serve immediately or refrigerate. Serve with a spoonful of whipped topping to each slice and sprinkle with a little ground cinnamon, if desired.

1/8th of Pie: 120 calories, 2.5 g fat, 55 mg cholesterol, 3 g protein, 170% vitamin A

Hot Chocolate Mix

- 1 (8 quart) box instant non-fat dry milk
- 1 (1 pound) box powdered sugar
- 1 (6 ounce) jar instant powdered coffee creamer
- 1 (2 pound) container instant hot cocoa mix

Mix all ingredients. Store in tightly covered container. To serve, add 3-4 tablespoons per cup of hot water.



Now you may be wondering how to store all those leftovers. Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days, gravy within 1-2 days, or freeze these foods. Reheat thoroughly to a temperature of 165°F or until hot and steaming.

Recipes for your TURKEY Leftovers

Turkey Salad

- 4 cups cooked turkey, cut into bite-size pieces
- ½ cup roasted sunflower seed kernels
- ½ cup raisins
- 2 small apples, cored and diced
- ½ cup mayonnaise
- ½ teaspoon sea salt
- ½ lemon, juiced

In a salad bowl, combine the turkey, sunflower seeds, raisins, apples, mayonnaise, salt, and

lemon juice; mix well. Refrigerate at least 2 hours to blend flavors.

Turkey a-la King

- 3 tablespoons butter or margarine
- 3 fresh mushrooms, sliced
- 1 tablespoon all-purpose flour
- 1 cup chicken broth
- ½ cup heavy cream
- 1 cup chopped cooked turkey
- ½ cup frozen peas, thawed
- Salt and pepper to taste

In a large skillet over medium low heat, cook butter until golden brown. Sauté mushrooms until tender. Stir in flour until smooth. Slowly whisk in chicken broth and cook until slightly thickened. Stir in cream, turkey and peas. Reduce heat to low, and cook until thickened. Season with salt and pepper.

Southwestern Turkey Soup

1 ½ cups shredded cooked turkey
4 cups vegetable broth
1 (28 ounce) can whole peeled tomatoes
1 (4 ounce) can chopped green chile peppers
2 plum tomatoes, chopped
1 onion, chopped
2 cloves garlic, crushed
1 tablespoon lime juice
½ teaspoon cayenne pepper
½ teaspoon ground cumin
Salt and pepper to taste
1 avocado, peeled, pitted and diced
½ teaspoon dried cilantro
1 cup shredded Monterey Jack cheese

In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chile, fresh tomatoes, onion, garlic, and lime juice. Season with cayenne, cumin, salt and pepper. Bring to a boil, then reduce heat; simmer 15 to 20 minutes.

Stir in avocado and cilantro; simmer 15 to 20 minutes, until slightly thickened. Spoon into serving bowls; top with shredded cheese.

Turkey & Mashed Potato Potpie

6 slices bacon, cut crosswise into 1-inch pieces
3 leeks (white & light-green parts only), halved lengthwise, rinsed well, and sliced (3 cups)
10 ounces button mushrooms, sliced (4 cups)
1 tablespoon chopped fresh thyme leaves
Coarse salt and ground pepper
3 tablespoons all-purpose flour
1 ¾ cups low-sodium chicken broth
¾ pound leftover turkey, skin removed, cut into bite-size pieces (3 cups)
1 cup frozen peas
4 cups leftover mashed potatoes

Preheat oven to 400°F, with rack in upper third. In a large skillet, cook bacon over medium heat, stirring occasionally, until crisp, 8 to 10 minutes. With a slotted spoon transfer to paper towels to drain. Add leeks, mushrooms, and thyme to skillet and season with salt and pepper. Cook, stirring often, until vegetables are golden brown and softened, about 12 minutes. Sprinkle flour over vegetables and cook, stirring, until flour is pale golden, about 2 minutes. Stir in broth and simmer until thickened, 4 minutes. Stir in turkey, peas, and bacon, Season with salt and pepper.

Transfer turkey mixture to a 2-quart baking dish set on a rimmed baking sheet. Spread potatoes over turkey mixture. Bake until filling is bubbling and potatoes are golden in spots, 20 minutes.

Heat broiler with rack in top position. Broil until potatoes are evenly golden, 2 to 3 minutes. Let cool 10 minutes.

If you have any questions about cooking your Thanksgiving meal, please feel free to call me at (870) 779-3609, e-mail Chaley@uaex.edu, or visit Room 215 in the Miller County Courthouse, 400 Laurel, Texarkana.

We wish you a Happy and Safe Thanksgiving as you celebrate your holiday feast.

Sincerely,



Carla Haley-Hadley, County Extension Agent-Interim Staff Chair

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