



# Get Cooking with Canadian Turkey

## Spring Guide

Easy-to-follow tips and ideas to prepare lean, nutrient-rich Canadian turkey for your friends and family.



## TASTY. NUTRITIOUS. VERSATILE.



Canadian Turkey is an excellent choice for those special occasions or for every day meals.

Its a lean, nutrient-rich meat that's high on taste and pairs well with a multitude of sides and flavour profiles.

Turkey is value-friendly. You can plan ahead to really take advantage of leftovers from your whole turkey roast or choose select turkey cuts available at your local grocer.

Either way, you are guaranteed a wonderful taste experience.

Read on to find out more about:

- How to buy and prepare turkey
- Available turkey cuts
- Suggested recipes and meal solutions
- Nutrition



# Buying Turkey

Most **whole turkeys** (frozen or fresh) are available from your grocer or butcher in sizes ranging between 10 lbs to 25 lbs.

**TIP:** Use our **Whole Turkey Calculator** to estimate the size of turkey you will need; how long it may take to thaw; and, how much time it will take to cook.

**TIP:** If you need a smaller turkey, be sure to ask the meat manager at your grocery store, or your butcher.

For more information on how to select your whole turkey, watch **Turkey Basics: How to Buy video.**

There is a large variety of **turkey cuts** such as: turkey breast, scaloppini, thighs, drums and prepared roasts available at grocers coast-to-coast. Just ask!

**TIP:** Because of turkey's distinctive taste, you can still get that celebration feeling while tailoring the portions and preferred cuts. Check out **[canadianturkey.ca](http://canadianturkey.ca)** (turkey cuts section).



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# Thawing a Whole Turkey

The safest way to thaw frozen turkey is either in the refrigerator or in cold water.

Some products are meant to be cooked from frozen; always read the product label carefully. For more information, watch our **Turkey Basics: How to Thaw** video.

Remember to always follow safe food handling procedures.

**Never thaw your turkey at room temperature!**

## REFRIGERATOR METHOD:

- Place turkey on a tray on a bottom shelf in the refrigerator.
- Allow 5 hours of thawing time per pound (10 hours/kg).

This method of thawing turkey is the safest, as it keeps the meat cold until it is completely defrosted.

## COLD WATER METHOD:

- Keep the turkey in its original wrapping.
- In a large container, cover the turkey completely with cold water.
- Change the water at least every hour.
- Allow 1 hour of thawing time per pound (2 hours/kg).

Once thawed, keep your turkey refrigerated and cook within 48 hours.

View the complete set of Turkey Basics: whole turkey how-to videos at [canadianturkey.ca](http://canadianturkey.ca) (turkey basics videos).

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# Brining a Whole Turkey

Brining adds flavour and moisture to turkey meat by soaking the whole turkey in salted water.

Once thawed, soak the whole turkey between 6-24 hours, preferably the day before roasting.

The length of the soaking period will depend on the size of the turkey, amount of water and your own personal experience and tastes, so experiment to see what works best for you.

You will need a poultry brining bag (available in kitchen supply stores), or a food-safe plastic container, or non-corrosive covered pot large enough to completely submerge the turkey.

Refrigerate.



Remember, the addition of the salt in the brining procedure will yield a salty flavour to the turkey, so it is wise to omit salt as an ingredient in the turkey stock.

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# Cooking Turkey

Canadian Turkey recommends cooking a **whole turkey** to an internal temperature of **170°F (77°C)** in the thickest part of the thigh for an unstuffed turkey and **180°F (82°C)** for a stuffed turkey.

When roasting, any stuffing placed in the cavity of the bird should reach an internal temperature of at least **165°F (74°C)**.

Let the turkey stand for at least 20 minutes before carving.

For more information on how to roast your turkey, watch our **Turkey Basics: How to Cook a Simply Delicious Roast Turkey** video.

A whole turkey too much? Try cooking a turkey breast roast or turkey thighs.

Prep and cooking temperatures for **turkey cuts** are available at [canadianturkey.ca](http://canadianturkey.ca) (turkey cuts section).

## APPROXIMATE TIMETABLE FOR ROASTING A WHOLE TURKEY\*

Weight	Stuffed	Unstuffed
<b>6 – 8 lbs</b> (3.0 – 3.5 kg)	3 – 3 ¼ hours	2 ½ – 2 ¾ hours
<b>8 – 10 lbs</b> (3.5 – 4.5 kg)	3 ¼ – 3 ½ hours	2 ¾ – 3 hours
<b>10 – 12 lbs</b> (4.5 – 5.5 kg)	3 ½ – 3 ¾ hours	3 – 3 ¼ hours
<b>12 – 16 lbs</b> (5.5 – 7.0 kg)	3 ¾ – 4 hours	3 ¼ – 3 ½ hours
<b>16 – 20 lbs</b> (7.0 – 9.0 kg)	4 ¼ – 4 ¾ hours	3 ¾ – 4 ½ hours
<b>20 – 24 lbs</b> (9.0 – 10.9 kg)	4 ¾ – 5 ½ hours	4 – 5 hours

\*approximate at 350°F (175°C).

**Cooking times may vary depending on:** the temperature of the turkey going into the oven; the accuracy of the oven's thermostat; how many times the oven door is opened during roasting; the type and size of roasting pan used; and, the size of the turkey in relation to the size of the oven.

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# Seasonal Recipe Ideas from **Canadian Turkey**

## Appetizers Anyone?

Appetizers are always a great starter for special occasions and get-togethers. Here are a few tasty, make-ahead appetizer ideas to try.



**GET THE  
RECIPE!**

**Turkey Sliders with Chipotle Mayo  
and Avocado Relish**



**GET THE  
RECIPE!**

**Bombas and a Trio of Dips**



**GET THE  
RECIPE!**

**Turkey Pot Stickers**

## Celebrate Special Occasions

A whole roast turkey at the centre of your table is always a show stopper for any occasion. Try out these roasted turkey recipes starting with our feature recipe for **Lemony Herb Whole Roast Turkey**, perfectly dressed with hints of lemon, fresh oregano and thyme for your Easter table.

Check out [canadianturkey.ca](http://canadianturkey.ca) (recipe-category, wholeturkey section).

GET THE RECIPE!



GET THE RECIPE!

If you prefer, present a beautiful platter of roast turkey prepared from select turkey cuts like this **Super Easy Roast Turkey Dinner**.



GET THE RECIPE!

OR, keep it simple with this easy **Tasty Roast Turkey with Saffron Rice Pilaf Stuffing**.



## What to do with Leftovers?

Turkey is versatile. Plan ahead for leftovers and swap turkey in your favourite recipes, or freeze portioned amounts as easy meal starters.

Try this easy-to-prepare **Quick One-Pot Turkey Veggie Pasta** complete with suggestions for 3 alternate meal prep options.

Check out [canadianturkey.ca](http://canadianturkey.ca) (recipe-category, leftovers section) for many more delicious recipe ideas.



GET THE  
RECIPE!



2 CUPS CANADIAN TURKEY + PASTA + MUSHROOMS + EGGS + PARMESAN



2 CUPS CANADIAN TURKEY + PASTA + RAPINI + HOT PEPPER FLAKES + GARLIC



2 CUPS CANADIAN TURKEY + PASTA + ROASTED RED PEPPERS + PESTO + GOAT CHEESE

# Nutrition Facts

Turkey is THE **Power Protein** and can easily replace other meats in your favourite recipes.

**Packed with protein.** Each 100-gram serving has about 30 grams of high-quality protein to help you feel energized and satisfied, and to help keep your muscles healthy and happy.

**Lean.** Both light meat and dark meat are lean choices. Turkey breast is actually extra-lean, with 3 grams of fat per 100-gram serving. Dark meat is lean, with just 8 grams of fat per the same serving size.

**Naturally low in sodium.** All fresh cuts of turkey are low in sodium, so eating turkey is a natural way to keep your sodium intake low.

**A Nutritional Powerhouse.** Turkey has a whole lot of health-boosting nutrients per calorie, such as iron (to deliver oxygen through your body), zinc (for a healthy immune system) and selenium (an antioxidant mineral). Dark meat is especially rich in these nutrients. Find out more at [canadianturkey.ca](http://canadianturkey.ca) (nutrition section).



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# Want more?

Sign up to receive our **Get Cooking with Canadian Turkey** eNewsletter every month.

You will find our feature recipe, nutrition tips, our monthly contest and get suggestions on easy meal planning options and recipes from *Canadian Turkey*.

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Canadian turkey is *raised with pride*<sup>™</sup>  
by over 550 turkey farmers across Canada.

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