



**TASTY. VERSATILE. NUTRITIOUS.**

*Canadian Raised Turkey is THE Power Protein*

## COOKING CANADIAN TURKEY

Looking to serve a delicious roast turkey at any occasion?  
Here are a few quick tips.



Cook a whole turkey to an internal temperature of **170°F (77°C)** in the thickest part of the thigh for an unstuffed turkey, **180°F (82°C)** for a stuffed turkey.

Roast a whole turkey at **350°F (177°C)**.

Stuffing placed in the cavity of the bird should reach an internal temperature of at least **165°F (74°C)**.

Thaw frozen turkey either in the refrigerator or in cold water.

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

Cook a thawed turkey within **48 hours**.

Let roast turkey stand at least **20 minutes** after cooking, to lock in juices.

*See our 8-part Turkey Basics: How-To video series at [canadianturkey.ca/turkey-basics](http://canadianturkey.ca/turkey-basics)*

