

COOKING AN OVEN-READY TURKEY



Whole Foods Market free range turkeys are very lean and cook approximately one third faster than regular turkeys.

- Put the oven rack in lowest position and preheat the oven to 450°F.
- Remove the ribbon and plastic wrapping from the turkey, but leave the foil tent over the breast. Remove the small bag with the giblets and either discard or set aside for later use.
- Place the roasting pan on a sheet pan to give it stability and place the turkey in the oven.
- Roast at 450°F for the first 30 minutes, reduce the heat to 325°F and roast according to guidelines below. Because ovens can vary greatly all cooking times are approximate.
- Check the turkey's temperature when there are 30 minutes left of the earliest estimated cooking time. Insert an instant-read or digital thermometer into the thickest part of the thigh, but don't touch any bone.
- If temperature is less than 150°F, continue roasting covered for 30 minutes.
- If temperature is greater than 150°F, remove foil and baste with pan juices. Continue roasting uncovered, checking temperature every 15 minutes until temperature reads 165°F.
- Remove turkey from oven when temperature reaches 165°F and allow it to rest for 20-30 minutes before carving.

SMALL

2 1/2 HOURS TO
3 HOURS 15 MINUTES

MEDIUM

3 HOURS 15 MINUTES
TO 4 HOURS

LARGE

4 HOURS TO
4 HOURS 45 MINUTES

COOKING AN OVEN-READY TURKEY BREAST

- Put the oven rack in center of oven and preheat the oven to 350°F.
- Remove the ribbon and plastic wrapping from the turkey.
- Place the roasting pan on a sheet pan to give it stability and place the turkey in the oven. If using glaze, brush onto surface of turkey skin.
- Roast at 350°F. After 30 minutes, check the internal temperature of the turkey breast by inserting an instant read thermometer into the thickest part of meat. If it has not yet reached 165°F, continue roasting, checking the temperature at 10 minute intervals. Baste with pan juices or glaze.
- When the turkey reaches 165-170°F, remove from oven.
- Allow it to rest for 15-20 minutes before carving.

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