COOKING OR HEATING YOUR TURKEY

COOKING A WHOLE FOODS FREE RANGE, ORGANIC, HEIRLOOM OR KOSHER TURKEY

These birds are very lean and cook approximately one third faster than regular turkeys. Overcooking will result in a dry bird.

- If brining, follow the directions on the brine mix package. Please be aware that the pan drippings from a brined bird tend to be very salty. If using these for gravy, you will need to add additional water or broth, and taste before seasoning.
- Put the oven rack in the lowest position and preheat the oven to 450°F.
- Remove the bird from the bag. Remove the giblets from the small space at the front of the turkey and the neck from the large, inside cavity.
- Rinse the turkey inside and out with cool water and pat it dry with paper towels.
- Place the bird in a roasting pan large enough to hold it. You may want to line the pan with aluminum foil first to aid in cleaning up later. Add 2–3 cups of water to the bottom of the pan.
- You may choose to season the turkey with salt and pepper inside and out. You may also rub it with butter and chopped fresh herbs such as sage and rosemary or mix the chopped herbs with butter and spread it on the breast under the loosened skin. You can roughly chop carrots, celery, onion and parsley and stuff the cavity with this, and spread it in the pan around the turkey.
- Cover the turkey—if your roasting pan does not have a cover or it won’t fit over the bird, use aluminum foil, crimping the edges tight.
- Place the turkey in the oven.
- Clean up the kitchen, using soap and water on all the surfaces the raw turkey touched, including your sink.
- Keep the oven at 450°F for the first 30 minutes, then turn it down to 325°F and roast for 10 to 15 minutes per pound.
- Begin taking the turkey’s temperature when there’s an hour left of the estimated cooking time. Insert an instant-read or digital thermometer into the thickest part of the thigh, but don’t touch any bone.
- Remove the lid or foil when the turkey reaches 160°F, about a 10 or 15 minutes until the roasting is finished.
- The turkey is done when it reaches 165–170°F. Remove it from the oven and allow it to rest for 20–30 minutes. This rest allows your turkey to present itself at its very best, juicy and tender.
- If you are heating sides such as the stuffing in the oven, you may wish to put them in when the turkey reaches 165°F. You’ll also have time to heat sides while the turkey rests after roasting.

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 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 the lid or foil when the turkey reaches 160°F, about a 10 or 15 minutes until the roasting is finished.
- The turkey is done when it reaches 165–170°F. Remove it from the oven and allow it to rest for 20–30 minutes. This rest allows your turkey to present itself at its very best, juicy and tender.
- If you are heating sides such as the stuffing in the oven, you may wish to put them in when the turkey reaches 165°F. You’ll also have time to heat sides while the turkey rests after roasting.

HEATING A FULLY COOKED WHOLE TURKEY

This turkey is fully cooked and can be served cold.

- To heat, preheat oven to 325°F.
- Our organic turkey is shrink-wrapped to maintain organic integrity. Remove the wrap and place the turkey in a roasting pan.
- Place pan on a sturdy baking sheet.
- Place turkey in oven and heat for 2 hours.
- Remove foil during last 10 minutes to brown.
- Let turkey rest for 10 minutes before carving.

COOKED TURKEY BREAST SUCH AS HERB ROASTED OR GLAZED

CONVENTIONAL OVEN: Place the turkey in a covered oven-proof dish or wrap in aluminum foil and bake in a 350°F oven for approximately 20–30 minutes until heated through.

MICROWAVE: Place in a microwavable dish covered with plastic wrap. Cook for 1 minute, then rearrange the pieces. Continue cooking at 20–30 second intervals, checking the temperature, until hot.

REHEATING FOR MEAL FOR 4 ROASTED TURKEY BREAST

This holiday-ready turkey breast is fully cooked, but unseasoned. Use simple salt and pepper, or rub with extra-virgin olive oil or butter and fresh or dried herbs. (For a flavor twist, try organic, no-salt-added Healthy Earth seasonings from our Meat and Seafood departments.)

- Let turkey breast sit at room temperature for 30 minutes. (This is the time to season!)
- Preheat oven to 400°F. Wrap turkey breast in aluminum foil and heat 40 to 50 minutes or until the internal temperature reaches 140°F.
- Remove turkey breast from oven and allow to rest for 10 minutes before removing foil and slicing.
HORS D’OEUVRES
CONVENTIONAL OVEN: Preheat oven to 350°F. Place hors d’oeuvres (satay, wings, mini latkes, etc.) on a baking sheet. Heat in the oven approximately 15 minutes.
MICROWAVE: Place on microwave safe plate and cook for 1 minute. Check temperature, then continue cooking at 20-30 second intervals until hot.

ENTRÉES
ENTRÉES SUCH AS TURKEY, BRISKET, SALMON, ETC.
CONVENTIONAL OVEN: Place the entrée in a covered ovenproof dish or wrap in aluminum foil and bake in a 350°F oven for approximately 20-30 minutes until heated through.
MICROWAVE: Place in a microwavable dish covered with plastic wrap. Cook for 1 minute, then rearrange the pieces. Continue cooking at 20-30 second intervals, checking the temperature, until hot.
OVEN READY STUFFED SALMON ROAST
CONVENTIONAL OVEN: Place the salmon on a greased baking sheet and bake in a 350°F oven for approximately 12 to 15 minutes per 6 oz portion.

STUFFED GARDEIN ROAST
CONVENTIONAL OVEN: Place in baking pan and bake for 15–20 minutes in a preheated 350°F oven. Let rest for 1 minute and serve. If frozen, bake for 25–30 minutes and let rest for 5 minutes and serve.
MICROWAVE: Place in a microwavable dish and cook on high temperature, 2 minutes for frozen, less for defrosted product, until the internal temperature reaches a minimum of 165°F. Let rest for 1 minute and serve.

CASSEROLES & SIDES
ARTICHoke SPINACH MINA
CONVENTIONAL OVEN: Place in a 350°F oven for 15-20 minutes

MICROWAVE: Place in a microwavable dish, cover loosely with plastic wrap. Cook for 1 1/2 minutes on high, then check temperature. If needed, continue cooking at 20-30 second intervals until hot.

BUTTERNUT SWEET POTATO CASSEROLE
CONVENTIONAL OVEN: Remove plastic cover. Cover with aluminum foil and bake at 350°F for 35 to 45 minutes. Remove foil and bake an additional 15 minutes or until top is golden brown. Internal Temperature must reach 165°F.
MICROWAVE: Do not microwave this product.

HOMESTYLE, COUNTRY MASHED POTATOES
STOVE TOP: Place in a saucepan over medium heat. Add a little milk and stir frequently until heated through.
MICROWAVE: Place in a microwavable dish covered with plastic wrap. Cook for 1 minute, then stir. Continue cooking at 20-30 second intervals, stirring and checking the temperature, until hot.

LATKES & FRITTERS
CONVENTIONAL OVEN: Place in a 350°F oven for 15-20 minutes
MICROWAVE: Place in a microwavable dish. Cook for 1 minute, then check temperature. If needed, continue cooking at 20-30 second intervals until hot.

MACARONI & CHEESE CASSEROLE
CONVENTIONAL OVEN: Remove Plastic Cover. Cover with aluminum foil and bake at 350°F for 35–45 minutes. Remove foil and cook for an additional 15 minutes or until crust is golden brown. Internal temperature must reach 165°F.
MICROWAVE: Do not microwave this product.

MAPLE SWEET POTATOES, OLIVE OIL MASHED POTATOES
CONVENTIONAL OVEN: Place in a covered oven-proof dish and bake in a 350°F oven for approximately 20 minutes or until heated through. Stir occasionally.
MICROWAVE: Place in a microwavable dish, cover loosely with plastic wrap. Cook for 1 minute, then stir. Continue cooking at 20–30 second intervals, stirring frequently, until hot.

ORGANIC GREEN BEAN CASSEROLE
CONVENTIONAL OVEN: Remove Plastic cover. Cover with aluminum foil and bake at 350°F for 35 to 45 minutes. Remove foil and bake an additional 10 minutes or until onions are crisp. Internal temperature must reach 165°F.
MICROWAVE: Do not microwave this product.

ORGANIC CORN PUDDING
CONVENTIONAL OVEN: Remove plastic cover. Cover with aluminum foil and bake at 350°F for 15 to 25 minutes. Internal temperature must reach 165°F.
MICROWAVE: Do not microwave this product.

ROASTED VEGETABLES, GREEN BEANS, SPINACH, CARROTS
CONVENTIONAL OVEN: Place vegetables in a covered oven-proof dish and heat for 15 to 30 minutes in a 350°F oven, stirring once.
MICROWAVE: Place in a microwavable dish covered with plastic wrap. Cook for 1 minute, then stir. Continue cooking at 20-30 second intervals, stirring and checking the temperature, until hot.

STUFFING
CONVENTIONAL OVEN: Place the stuffing in a covered oven-proof dish and bake in a 350°F oven for approximately 20 minutes or until heated through. Stir occasionally.
MICROWAVE: Place in a microwavable dish, cover with plastic wrap. Cook for 1 minute, then stir. Continue cooking at 20–30 second intervals, stirring frequently, until hot.

BRAISED ONIONS
CONVENTIONAL OVEN: Place in a 350°F oven for 10 minutes or until onions are crisp. Internal temperature must reach 165°F.
MICROWAVE: Place on a microwave safe plate. Cook for 1 minute, then stir. Continue cooking at 20–30 second intervals, stirring frequently, until hot.

BROCCOLI RABBIT
CONVENTIONAL OVEN: Place in a 350°F oven for 10–15 minutes. Internal temperature must reach 165°F.
MICROWAVE: Place in a microwavable dish, cover with plastic wrap. Cook for 1 minute, then stir. Continue cooking at 20–30 second intervals, stirring frequently, until hot.

SOUps, CREAM-BASED OR PUREED
STOVE TOP: Place in a saucepan over low heat. Stir constantly with a whisk until heated through—do not boil.
MICROWAVE: Loosen lid on container. Cook for 1 minute, then stir. Continue cooking at 20–30 second intervals, stirring and checking the temperature until hot. Beware—container gets hot!

Baked Goodies
PIE
Serve cold, at room temperature, or reheat.
CONVENTIONAL OVEN: Place in a 350°F oven for 15–20 minutes.
MICROWAVE: We do not recommend microwaving this product.

DINNER ROLLS
CONVENTIONAL OVEN: Heat in 350°F oven for 5–15 minutes until hot and crusty.
MICROWAVE: We do not recommend microwaving this product.

Gravy, Relish, & Soup
GRavy
STOVE TOP: Place in a saucepan over medium heat. Bring to a strong simmer while stirring frequently.
MICROWAVE: Loosen the lid of the container. Cook for 1 minute, then stir. Continue cooking at 20–30 second intervals, stirring and checking the temperature, until hot. Beware—the container will get hot!

Relish & Conserve
Best served cold.

Holiday Recommended Reheating & Cooking Instructions