



## FREEDOM FARMS TURKEY

### IMPORTANT STUFF YOU SHOULD KNOW...

**WOOHOO!** Congrats on choosing a very special bird for celebrating this summer! We've done our bit... making sure Freedom Farms turkeys have been raised right... now it's time for you to give it the finishing touches before you serve it to family and friends... we reckon it's worth doing properly. Follow our tips below for an A-grade turkey game plan.

**FIRST UP...HOW DO I DEFROST MY TURKEY?** Please don't cook your turkey from frozen. Plan ahead and get it into the fridge a couple of days before you cook it... 2 days for small birds and at least 3 days for the big ones.

The best thing to do is clear out a shelf near the bottom of your fridge and pop it there in an oven tray or big dish. It will drip as it defrosts, so the dish is important. Make sure you don't let it drip on other food – that's how bugs spread.

**SHOULD I TAKE IT OUT OF THE BAG?** Nope... leave it in the bag and follow the instructions above... take it out of the bag when you're ready to prep and cook it.

**DO THEY HAVE GIBLETS?** Nope.

**DO THEY HAVE A POP-UP TIMER?** Also no. We reckon investing in a meat thermometer is a great idea, but you can just follow recommended cooking times and check the juices run clear too. FYI – turkey should be cooked to an internal temp of 82°C.

**WHAT DO I NEED TO COOK MY TURKEY?** An oven is a great start. Also a **roasting pan** – a nice big one so the bird isn't squished in. Some people think a **roasting rack** is a good idea too – that allows the bird to cook more evenly so you get better browning and crisping of the skin. If you don't have a roasting rack, you can use a cooling rack... like the one you pop cakes and biscuits on. Some websites talk about a turkey baster... we reckon a **nice big spoon** for distributing the pan juices back over the bird is just as effective. Some **tinfoil** is useful for covering your bird to keep it moist while you're resting it after cooking. And finally... a **sharp carving knife**. Blunt knives cause more injuries than sharp ones do, so make life easier (and safer) by ensuring you have a nice blade sussed before the big day.

**TO BRINE, OR NOT TO BRINE?** Our birds come pre-brined... so no need to worry about soaking in salty water. This process helps keep them tender and delicious.

**HOW LONG DO I COOK IT FOR?** There are a lot of variables in estimating the cooking times, but we've set out some guides below. Things like stuffing, dressing (bacon wrapped!), your oven specs and the variable sizes of your bird will come into play. Make sure you cook your turkey breast side up, and blot it with some paper towels to get the skin less soggy before you pop it in the oven – this helps with the crispiness.

Pre-heat the oven to 160°C properly, and don't use the fan bake setting.

SIZE (KG)	TIME (MINUTES)	SERVES
3.0	155	6–7 adults
3.5	160	7–8 adults
4.0	165	8–9 adults
4.5	170	10–11 adults
5.0	175	11–12 adults

Once cooked, remove from oven and allow 15 minutes to rest before carving... just enough time to sort the gravy.

**OTHER STUFF TO THINK ABOUT...** Bacon-wrapped turkey? Heck yes! Cranberry stuffing... also a yes! Deep fried turkey... sure, but we take no responsibility for the inevitable ACC claims. There are tons of good (and not so good) cooking ideas online... we recommend taking some time to research before you commit to your turkey plan this year! Visit [www.freedomfarms.co.nz](http://www.freedomfarms.co.nz) to see some of our picks!

**ONE LAST THING...** Don't forget about the leftovers. After you've served everyone, pop any leftovers in the fridge... you've got about 90 minutes from the end of cooking until nasty germs may take up residence, so get it in the fridge pronto. You should be fine to use up any leftover meat for about two days after cooking, provided it is kept chilled in the fridge.