

# TODAY'S TURKEY:

## COOKING TIPS FOR TASTY TURKEY CUTS EVERY TIME

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### COOKING METHOD

### TEMPERATURE

### COOK

### TIPS

#### TURKEY TENDERLOINS

Roast (conventional oven)	400°F	35 minutes	<ul style="list-style-type: none"> <li>Use nonstick cooking spray or lightly brush pan with canola oil.</li> <li>Tenderloins may be cut into medallions and cooked like turkey breast cutlets.</li> </ul>
Roast (convection oven)	375°F	35 minutes	
Broil	High heat	12 minutes	
Grill	Medium heat	8-10 minutes/side	

#### TURKEY CUTLETS

Pan Fry, Sear, or Sauté	Medium-high heat	2 minutes/side	<ul style="list-style-type: none"> <li>Use nonstick cooking spray or lightly brush pan with canola oil.</li> <li>Cutlets will brown when seared, or brown lightly when sautéed.</li> </ul>
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#### GROUND TURKEY

Sauté	Medium-high heat	Cook to 165°F	<ul style="list-style-type: none"> <li>Use nonstick cooking spray or lightly brush pan with canola oil.</li> </ul>
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#### TURKEY BURGERS

Broil	High heat	Cook to 165°F	<ul style="list-style-type: none"> <li>Place burgers 3 to 4 inches from heat source, turn burgers about halfway through.</li> </ul>
Grill	Medium-high heat	Cook to 165°F	

#### TURKEY WINGS, DRUMSTICKS & DRUMETTES

Bake, Roast, or Braise (conventional oven)	350°F	Cook to 165°F for wings and cook to 175°F for drumsticks.	<ul style="list-style-type: none"> <li>Turn parts at least once during cooking to ensure uniform cooking.</li> </ul>
Pan or Deep Fry	350°F		

#### WHOLE TURKEY (UNSTUFFED)

Roast (conventional oven)	325°F	<b>8-12lb:</b> 2.5-3 hours <b>12-14lb:</b> 3-3.75 hours <b>14-18lb:</b> 3.75-4.25 hours <b>18-22lb:</b> 4.25-4.75 hours	<ul style="list-style-type: none"> <li>For roasting poultry, a general rule of thumb for convection oven cooking is to reduce the time by 25%, but maintain the same oven temperature. For example: a 12lb whole turkey would normally be conventionally roasted at 325°F for 3 hours. Using convection roasting, a 12lb whole turkey would also be roasted in a 325°F oven, but only for 2.25 hours.</li> </ul>
Roast (convection oven)	325°F	<b>8-12lb:</b> 1.75-2.25 hours <b>12-14lb:</b> 2.25-3 hours <b>14-18lb:</b> 2.75-3.25 hours <b>18-22lb:</b> 3.25-3.5 hours	

\*Always cook turkey to an internal temperature of **165°F FOR WHITE MEAT** and **170-175°F FOR DARK MEAT**.