## TODAY’S TURKEY:  
COOKING TIPS FOR TASTY TURKEY CUTS EVERY TIME

### COOKING METHOD

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#### TURKEY TENDERLOINS

- **Roast (conventional oven)**  
  - Temperature: 400°F  
  - Cook: 35 minutes  
  - Tips: Use nonstick cooking spray or lightly brush pan with canola oil.
- **Roast (convection oven)**  
  - Temperature: 375°F  
  - Cook: 35 minutes  
  - Tips: Tenderloins may be cut into medallions and cooked like turkey breast cutlets.
- **Broil**  
  - Temperature: High heat  
  - Cook: 12 minutes  
  - Tips: Tenderloins may be cut into medallions and cooked like turkey breast cutlets.
- **Grill**  
  - Temperature: Medium heat  
  - Cook: 8-10 minutes/side  
  - Tips: Tenderloins may be cut into medallions and cooked like turkey breast cutlets.

#### TURKEY CUTLETS

- **Pan Fry, Sear, or Sauté**  
  - Temperature: Medium-high heat  
  - Cook: 2 minutes/side  
  - Tips: Use nonstick cooking spray or lightly brush pan with canola oil.

#### GROUND TURKEY

- **Sauté**  
  - Temperature: Medium-high heat  
  - Cook: To 165°F  
  - Tips: Use nonstick cooking spray or lightly brush pan with canola oil.

#### TURKEY BURGERS

- **Broil**  
  - Temperature: High heat  
  - Cook: To 165°F  
  - Tips: Place burgers 3 to 4 inches from heat source, turn burgers about halfway through.
- **Grill**  
  - Temperature: Medium-high heat  
  - Cook: To 165°F  

#### TURKEY WINGS, DRUMSTICKS & DRUMETTES

- **Bake, Roast, or Braise (conventional oven)**  
  - Temperature: 350°F  
  - Cook: To 165°F for wings and cook to 175°F for drumsticks.
- **Pan or Deep Fry**  
  - Temperature: 350°F  
  - Cook: To 165°F for wings and cook to 175°F for drumsticks.

#### WHOLE TURKEY (UNSTUFFED)

- **Roast (conventional oven)**  
  - Temperature: 325°F  
  - Cook: 8-12 lb: 2.5-3 hours, 12-14 lb: 3-3.75 hours, 14-18 lb: 3.75-4.25 hours, 18-22 lb: 4.25-4.75 hours  
  - Tips: 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 12 lb whole turkey would normally be conventionally roasted at 325°F for 3 hours. Using convection roasting, a 12 lb whole turkey would also be roasted in a 325°F oven, but only for 2.25 hours.
- **Roast (convection oven)**  
  - Temperature: 325°F  
  - Cook: 8-12 lb: 1.75-2.25 hours, 12-14 lb: 2.25-3 hours, 14-18 lb: 2.75-3.25 hours, 18-22 lb: 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.*