

ROASTING THE PERFECT TURKEY

If you stuff your bird, add stuffing immediately before placing in the oven. The center of the stuffing must register 160-165°F on a meat thermometer after cooking before removing the turkey from the oven.

If you do not stuff your turkey, the addition of 2 cups of coarsely chopped celery, onion and carrots to the cavity will enhance the fragrance and add to the flavor of the pan juices.

Select a shallow roasting pan that is at least 2 inches longer and wider than the turkey so oven air can flow completely around the turkey.

Add 1/2 cup of water to the bottom of the pan.

Roast at 325°F in the oven until a meat thermometer indicates the internal temperature registers 180°F in the thigh and 170°F in the breast. Allow the turkey to rest for 20 to 25 minutes before carving.



"Open Pan Method" NTF Roasting Guidelines for a Fresh or Thawed Turkey
Roast in a 325°F Conventional Oven on the Lowest Oven Rack

Weight	Unstuffed Turkey	Stuffed Turkey
8-12 pounds	2.75 to 3 hours	3 to 3.5 hours
12-14 pounds	3 to 3.75 hours	3.5 to 4 hours
14-18 pounds	3.75 to 4.25 hours	4 to 4.25 hours
18-20 pounds	4.25 to 4.5 hours	4.25 to 4.75 hours
20-24 pounds	4.5 to 5 hours	4.75 to 5.25 hours
24-30 pounds	5 to 5.25 hours	5.25 to 6.25 hours

Cooking takes longer under these circumstances:

A partially frozen bird requires longer cooking – check carefully that it is thoroughly cooked to 170°F.

The depth and size of roasting pans can alter heat circulation around the bird. A turkey or the roasting pan may be too large for the oven and could block heat circulation. Be sure to allow at least 2-inches of space around the oven walls so heat can circulate around the turkey.

The use of an aluminum foil tent for the entire roasting time will slow down cooking.

A stuffed turkey takes longer to cook.

Cooking is faster under these circumstances:

Dark roasting pans result in faster cook times than shiny metal roasting pans.

If the turkey is covered with the roasting pan lid, the cook time will be shorter.

An oven cooking bag can accelerate cook time.

