

turkey will be set. Carefully push the hot coals evenly around the edge and position the grill rack above. Place the turkey, up to 18 pounds, unstuffed, breast-side up on the grill. Insert meat thermometer into the thickest part of the thigh muscle without touching the bone. Brush the skin with vegetable oil and season as desired. Cover grill and leave vents open. Add several briquets to each side of the drip pan every hour or as needed to maintain even heat.

When using a gas grill, it's always best to follow manufacturer's instructions if available.

Set a drip pan with 1/2 inch water over the lava rocks on one side of grill. Preheat other side on high for 5–10 minutes. Reduce heat to medium, place turkey over drip pan as instructed above and cover grill.

For a smoked flavor, add dampened wood chips to coals or lava rocks during last hour of cooking. Estimate cooking time at 15–18 minutes per pound for charcoal or gas grilling. Cooking times may vary depending on temperature of coals, size and shape of the turkey and weather conditions. Cook to an internal temperature of 180°F for thigh, 170°F for breast.

Even when the meat thermometer reaches the proper internal temperature, the meat just under the skin may appear pink in color. This is a result of the grilling process and not a sign of undercooked meat.

• COOKING ON A ROTISSERIE •

Whole, unstuffed turkeys can be cooked on a special rotisserie that turns the meat slowly on a rotary spit over direct heat. Rotisseries vary greatly, so it is best to follow manufacturer's instructions. To mount a whole turkey on a rotisserie spit, attach the neck with a skewer to the back of the body. Tie or skewer the wings close to the body. Insert the spit through the length of the body and tighten the holding prongs. Tie the tail and drumsticks firmly to the rod. If properly balanced, the turkey should rotate evenly when the spit is turned. Longer cooking times are required with rotisserie cooking than with grilling. Estimate cooking time to be 25–30 minutes per pound. Be sure to use a meat thermometer to ensure doneness!

• CARVING TIPS •

When determining roasting time, plan so it will be done approximately 15–20 minutes before serving. Allowing the turkey to stand covered loosely with aluminum foil makes the meat easier to carve and juicier.

Follow these simple carving instructions (courtesy of Neil Golub, Chairman of the Board and CEO of Price Chopper Supermarkets, and ace carver) for a beautifully carved turkey.

1. Start With A Sharp Knife and A Large Platter

Cut legs and wings off at the joints and place them on the outer sides of the platter. Cut off thighs and remove the bones with a cut down the center. Slice dark meat and place it next to the legs on the platter.

2. Find The Keel Bone

With your fingers, feel for the keel bone that runs lengthwise along the top of the turkey. Make a cut along side of the keel bone and slowly guide the tip of the knife along the bone down one side of the ribcage. With your fingers or a spatula, gently pry the breast meat away from the ribcage. The meat should come off in one large piece. Follow the same procedure for the other side.



3. Time To Slice

Slice across each breast, cutting pieces the thickness you prefer. Slide spatula lengthwise under slices, and place on each side of the platter next to dark meat.

4. Dinner Is Served

Spoon stuffing onto the center of the platter and garnish with parsley, orange slices or any other favorites. In just minutes, you have created a delicious platter that looks beautiful.



• STORING THE LEFTOVERS •

Important safety tips for storing leftovers:

- Refrigerate or freeze the leftover turkey, stuffing and gravy within two hours of serving.
- Divide large quantities into smaller portions to chill more quickly.
- Leftover turkey will keep in the refrigerator for 3–4 days. Stuffing and gravy should be used within 1–2 days. Bring leftover gravy to a rolling boil before serving.
- For longer storage, properly wrap and place in the freezer. Frozen turkey, stuffing and gravy should be used within a month.

For more helpful turkey information, ask one of our professional Butchers, or visit our Web site at www.pricechopper.com.



We Know TURKEY!

Price Chopper is pleased to offer you this helpful guide for a safe, juicy and delicious turkey any time of the year.

You'll find information ranging from how to select the perfect turkey to storing the leftovers.



Helping you make a memorable turkey dinner.

That's  Value!



Cooks of all ages are often afraid to cook a turkey when in fact, it is amazingly easy! Over the years, we have spoken to both novice and seasoned cooks, asking for guidance in purchasing, thawing, roasting, stuffing, etc., and we've combined it into this helpful step-by-step guide that eliminates the guesswork. We know you're busy, and you'd rather spend more time with your family... not extra time in the kitchen...so we're making it easier for you to prepare the perfect turkey dinner. Enjoy!

Maureen E. Murphy

Maureen Murphy
Manager of Consumer Trends, Nutrition & Lifestyles

• BUYING THE TURKEY •

Today's consumers can choose a turkey just right for their meal needs. Turkeys are available in all sizes, whole or parts, fresh or frozen. Choosing between fresh or frozen turkeys is simply a matter of preference. There is no significant difference in quality. The advantage of a fresh turkey for many is that it is ready to cook.

Why do I sometimes find ice crystals in my fresh turkey?

Fresh turkeys are chilled after packaging to approximately 26°F in order to assure optimum quality, safety and freshness. Since sometimes ice is found in the cavity of the turkey, it may appear the turkey has been frozen. The ice forms as a result of the moisture found in the turkey freezing at 26°F. Water freezes at 32°F, while protein (meat) doesn't freeze until 0°F. The turkey is therefore a fresh product. It will feel firm to the touch due to the cold temperature. Before preparing a fresh turkey remove giblets from the body cavity and inspect for ice crystals. If ice crystals are present place breast side down in cold water to cover. Allow turkey to stand for 30 minutes or until ice crystals are no longer present.

When purchasing a fresh turkey at Price Chopper, you may confidently store the turkey in your refrigerator up to the sell-by date which appears on the label. If you intend to use it after that time, place it in the freezer for longer storage.

Frozen turkeys are flash frozen immediately after packaging to 0°F or below. A whole turkey can be stored up to one year in the freezer without noticeable loss of quality.

When purchasing a turkey, be sure to allow 1–1½ pounds of turkey per person. This will provide generous servings with enough left over for another meal and for those turkey sandwiches everyone loves the next day!

• THAWING A FROZEN TURKEY •

Whether you have 4 days or 12 hours, you can safely thaw a frozen turkey without risking bacterial growth. Thawing the turkey in the refrigerator is the preferred method for safety reasons but you can also defrost it in cold water.

Never thaw turkey on the kitchen counter! Left on a kitchen counter, a frozen turkey will thaw from the outside in. As its surface warms, the bacteria multiplies. In the time that elapses while the turkey is thawing, the surface bacteria could multiply to dangerous levels.

- For thawing in the refrigerator— Place the turkey in its original wrap or on a tray in a pan to catch the moisture that accumulates as it defrosts. Estimate at least one day of thawing for every 6 pounds of turkey.
- For thawing in cold water— Place breast side down in its unopened wrapper in cold water to cover. Change the water every 30 minutes to keep turkey surface cold. Estimate minimum thawing time to be half the turkey's weight, plus one hour.
- For thawing in the microwave oven— Check your manufacturer's instructions for the size turkey that will fit in your oven, the minutes per pound, and the power level to use for thawing.

After thawing, remove the giblets from the neck and/or body cavities. Wash the inside and outside with cold water and drain well. Be sure to wash utensils, cutting board, hands and anything else that has come in contact with raw turkey in hot, soapy water.

• ROASTING A PERFECT TURKEY •



Place the turkey breast side up on a rack in a shallow roasting pan. Do not add water. Before placing in the oven, you may want to brush it with cooking oil, melted butter or margarine, if desired. Cover the turkey with a loose tent of aluminum foil. This prevents over browning, allows for maximum heat circulation, keeps the turkey moist and reduces oven splatters.

Most turkeys come with a pop-up timer. If not, use a meat thermometer if possible. Insert it through the foil into the thickest part of the thigh muscle without touching the bone.

Roast at 325°F. To brown the turkey, remove the foil tent 20–30 minutes before roasting is finished and continue cooking until the thermometer registers a minimum of 165°F. Cooking to only 165°F may give the appearance that the meat is undercooked at the joint areas. The meat, although cooked, may be pink from the bone marrow. Some people may therefore choose to cook the turkey to a higher internal temperature. In the absence of a meat thermometer or a timer, insert a long-tined fork into the thickest area of the inner thigh. If the juices run clear, not pink, or if the leg moves easily and the hip joint gives readily or breaks, the turkey is done.

Basting is not necessary during roasting since it cannot penetrate the turkey. Also, opening the oven door frequently prolongs cooking time.

• ROASTING CHART •

Weight (Pounds)	Unstuffed (Hours)	Stuffed (Hours)
8 – 12	2 ¾ – 3	3 – 3 ½
12 – 14	3 – 3 ¾	3 ½ – 4
14 – 18	3 ¾ – 4 ¼	4 – 4 ¼
18 – 20	4 ¼ – 4 ½	4 ¼ – 4 ¾
20 – 24	4 ½ – 5	4 ¾ – 5 ¼

Important safety tips to remember:

- Do not partially roast the stuffed turkey one day and complete roasting the next. Interrupted cooking enhances the possibility of bacterial growth.
- Roasting turkey at temperatures below 325°F is not recommended because the temperature is not high enough to destroy bacteria and could, therefore, be unsafe.

• SAVORY STUFFING •

The USDA's Meat and Poultry Hotline recommends cooking stuffing outside the turkey. If the turkey is stuffed, the stuffing may not reach the correct temperature of 165°F to kill bacteria, even if the turkey itself reaches the proper internal temperature of 180°F in the innermost part of the thigh. Stuffing the turkey prolongs the cooking time and prohibits uniform cooking.



If you still plan on stuffing the turkey, here are some basic rules to follow:

- Prepare the stuffing just before it goes into the turkey. The dry ingredients can be mixed together and chilled ahead of time. The perishable (butter or margarine, mushrooms, sausage, oysters, broth, cooked celery and onions) ingredients, however should be mixed just prior to placing the stuffing inside the turkey and putting the turkey in a preheated 325°F oven.
- Stuff the cavity of the turkey loosely, about ¾ cup of stuffing per pound of turkey. This will allow the interior of the stuffing to reach the proper 165°F temperature. The stuffing should be moist, rather than dry, since heat destroys bacteria more rapidly in a wet environment.
- While there are several ways to check if the turkey is done, be sure to use a meat thermometer when stuffing the turkey. Without a meat thermometer, there is no way to visually check whether the stuffing has reached the correct temperature (165°F in the center).

To keep the stuffing in the turkey, close the neck and body cavities with skewers, trussing pins, clean string or metal "hock locks" if provided. Remove all stuffing from the turkey as soon as it is completely cooled to prevent bacterial growth.

• GRILLING A JUICY TURKEY •

Don't wait for the holidays to roll around...turkey can be enjoyed year round and not just roasted in the oven! It lends itself well to a variety of cooking methods, including grilling. If you've never cooked turkey on a grill you don't know what you're missing. It's easy to prepare and tastes sensational!



Indirect heat is the preferred method of grilling a whole turkey or turkey breast since slower cooking is required to ensure doneness. If using a charcoal grill, build a pyramid of charcoal to one side and ignite. When the coals are ready, place a foil drip pan, slightly larger than the turkey, in the center of the grill beneath where the

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