

# **WSGW RADIO PRESENTATION**

## **Let's Talk Turkey**

**November 22, 2016**

Remember to always wash your hands first.

Clean utensils, the sink and anything else that comes in contact with raw turkey and its juices with soap and water and bleach and water.

Follow the directions on the bleach container for concentrations needed based on the surface you're cleaning whether it's a food contact surface or not.

It's best to thaw turkeys under refrigeration, which means planning ahead (24 hours for every 4-5 pounds). Place it on a tray or pan to catch the juices.

If it thawed under cold water, be sure to change the water every 30 minutes.

Cook the turkey to a minimum temperature of 165° F with a calibrated thermometer.

Check the temperature with a food thermometer in the thickest parts of the turkey. Even if they have the pop up temperature indicator, still use your food thermometer.

For safety, stuffing a turkey is not recommended. For more even cooking it is recommended that you cook your stuffing outside of the bird in a casserole dish.

Temperature of stuffing should reach a minimum of 165° F. Again, use your food thermometer to check temperatures.

If you do choose to stuff the turkey, the ingredients can be prepared ahead of time (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavity. Fill the cavity loosely. Cook the turkey immediately. Make sure the stuffing reaches a minimum internal temperature of 165° F.

Deep Frying a Turkey – Set the fryer up at least 10 feet from the house, find flat ground, use a thawed turkey (not still frozen), and be prepared with a fire extinguisher.

Refrigerate leftovers promptly – don't let them sit out to "cool" at room temperature.

Source: USDA Food Safety and Inspection Service

[www.saginawpublichealth.org](http://www.saginawpublichealth.org)