

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"> Use nonstick cooking spray or lightly brush pan with canola oil. Tenderloins may be cut into medallions and cooked like turkey breast cutlets.
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"> Use nonstick cooking spray or lightly brush pan with canola oil. Cutlets will brown when seared, or brown lightly when sautéed.
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GROUND TURKEY

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

Broil	High heat	Cook to 165°F	<ul style="list-style-type: none"> Place burgers 3 to 4 inches from heat source, turn burgers about halfway through.
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"> Turn parts at least once during cooking to ensure uniform cooking.
Pan or Deep Fry	350°F		

WHOLE TURKEY (UNSTUFFED)

Roast (conventional oven)	325°F	8-12lb: 2.5-3 hours 12-14lb: 3-3.75 hours 14-18lb: 3.75-4.25 hours 18-22lb: 4.25-4.75 hours	<ul style="list-style-type: none"> 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.
Roast (convection oven)	325°F	8-12lb: 1.75-2.25 hours 12-14lb: 2.25-3 hours 14-18lb: 2.75-3.25 hours 18-22lb: 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**.