



**GOOD  
FOOD**  
S T O R E

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# 2018 Holiday Turkey News

## Local Turkeys From the Hutterites

Naturally-raised turkeys from the *New Rockport Hutterite Colony* in Choteau, Montana will be available at 7:00 am on Tuesday, November 20. We cannot reserve turkeys, so please shop early for best selection.

Hutterite turkeys are allowed to range freely, with access to the outside and a large shelter and readily available food and water. Their feed contains no animal by-products. There are no additives used in the processing or packaging of the birds. They are processed by hand rather than by machine.

The Hutterite turkeys sold at the Good Food Store have been harvested and processed within the two weeks before Thanksgiving. To ensure food safety, the turkeys are refrigerated at 28° Fahrenheit after processing. Depending on where placed in the refrigerator, some of the turkeys may be quite firm and you will need to plan for adequate “thawing” time before cooking.

## *Diestel* Frozen Free Range Organic Turkeys

The Good Food Store will again have organic turkeys for your Thanksgiving table, sizes ranging from 12 to 16 pounds. The *Diestel* turkey ranch is a small, family-run operation in the Sierra Mountain foothills. They mill their own natural feed and process their poultry themselves. Open range, good husbandry and strict sanitation eliminates the need for any artificial techniques or substances. Look for them in the freezer aisle, but quantities will be limited so consider calling ahead to special order your bird.

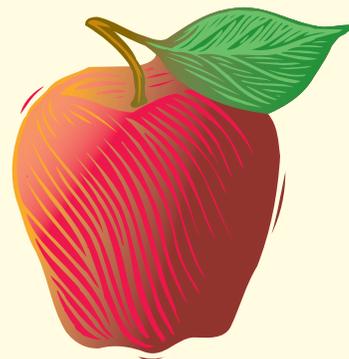
## *Diestel* Frozen Turkey Breasts

Their frozen bone-in turkey breasts (non-organic) are available right now in the freezer aisle and weigh from 5 to 8 pounds.

## Apple Butter Pumpkin Pie

(Modified version of a Food Network Recipe)

- 1 cup apple butter
- 1 cup pumpkin purée
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 3 eggs, slightly beaten
- 3/4 cup evaporated milk
- One 9” unbaked pie shell, thawed if using pre-made frozen pie shell



Preheat oven to 425°.

Combine apple butter, pumpkin, brown sugar, salt, cinnamon, nutmeg and ginger in a bowl. Stir in eggs. Gradually add evaporated milk and mix well. Pour into pie shell. Bake for about 40 minutes, or until set.

Top with sweetened whipped cream, if desired.

**YIELD: 6 to 8 servings**



## Buying a Fresh Turkey

Plan to purchase your fresh turkey one to two days before cooking. Allow 1 1/2 pounds of turkey per person.

## Thawing a Turkey

Always keep the turkey frozen until you are ready to thaw it.

**To thaw your turkey in the refrigerator,** place it in a pan so that drippings will not get into other foods. It will take about 24 hours for every 4 pounds of turkey to defrost in the refrigerator:

8 - 12 pounds, 1 to 3 days    12 - 16 pounds, 3 to 4 days  
16 - 20 pounds, 4 to 5 days    20 - 24 pounds, 5 to 6 days

### Thawing time in cold water:

8 - 12 pounds, 2 to 6 hours    12 - 16 pounds, 6 to 8 hours  
16 - 20 pounds, 8 to 10 hours    20 - 24 pounds, 10 to 12 hours

**Thawing in a microwave?** Check the manufacturer's instructions for help determining the turkey size that will fit in your oven, the minutes per pound, and power level to use for thawing. Remove wrapping and place in a microwave-safe dish before thawing. Cook the turkey immediately after microwave thawing.

**After thawing:** remove neck and giblets, wash turkey inside and out with cold water, and drain well. Then, with soap, thoroughly wash hands, utensils, sink, cutting board, counter tops and anything else that may have come in contact with raw turkey.

## Stuffing a Turkey

According to the USDA, if you stuff your turkey, you must bring the internal temperature at the center of the stuffing inside the bird to at least 165° to be sure any potential food borne bacteria are destroyed. Be sure to remember that cooking time will be longer. Use a meat thermometer to check the center of the stuffing. Pop-up thermometers do not measure center temperature. If you can't use a thermometer, you should cook stuffing separately.

Also, mix stuffing just before placing it inside the bird. Stuff lightly, allowing 3/4 cup stuffing per pound and add it immediately before placing the turkey in the oven. Remove all stuffing from the bird within 20 minutes of removing from the oven.

You may cook stuffing separately, outside the turkey. Simply bake the stuffing in a greased, covered casserole dish during the last hour while the turkey roasts.



## Roasting a Turkey

Set oven temperature to 325° and place the turkey – breast up, loosely tented with heavy duty aluminum foil – in a shallow roasting pan. Never cook a turkey at less than 325° and never partially cook one day and finish the next. Remove foil 20 to 30 minutes before roasting is done.

Approximate roasting times are in the table below. For safety and doneness, the internal temperature should be checked with a food thermometer. The internal temperature should reach 165°. (Or 165° in the center of the stuffing inside the turkey.)

Serve the turkey within an hour of roasting and never let it stay at room temperature for more than two hours.

Turkey will keep 3 to 4 days in the refrigerator and up to four months in your freezer. Reheat turkey – and all leftovers – thoroughly.

### Timetable for roasting a fresh or thawed turkey in a preheated 325° oven:

<u>Weight</u>	<u>Unstuffed</u>	<u>Stuffed</u>
4 - 8 lb. (breast)	1 1/2 - 3 1/4 hours	N/A
6 - 8 lbs.	1 1/2 - 3 1/4 hours	2 1/2 - 3 1/2 hours
8 - 12 lbs.	2 3/4 - 3 hours	3 - 3 1/2 hours
12 - 14 lbs.	3 - 3 1/4 hours	3 1/2 - 4 hours
14 - 18 lbs.	3 3/4 - 4 1/4 hours	4 - 4 1/4 hours
18 - 20 lbs.	4 1/4 - 4 1/2 hours	4 1/4 - 4 3/4 hours
20 - 24 lbs.	4 1/2 - 5 hours	4 3/4 - 5 1/4 hours
24 - 28 lbs.	5 - 6 1/2 hours	7 - 8 1/2 hours

## Local Hutterite Frozen Geese & Ducks and Mary's Frozen Ducks

*New Rockport Hutterite Colony* frozen geese and ducks and *Mary's* frozen ducks are also available at the Good Food Store.

*Mary's* Pekin breed ducks are raised with access to the outdoors on the Pitman family farm in California's San Joaquin Valley.

*We cannot reserve these birds, so shop early.*

## Questions

If you have any questions about your holiday turkey, visit:

<http://bit.ly/2kMOwU5>

Or call the USDA Meat and Poultry Hotline toll-free at:

**1-800-535-4555**

The above information is provided by the United States Department of Agriculture's educational literature.