



**GOOD  
FOOD**  
S T O R E

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# 2019 Holiday Turkey News

## Hutterite Turkeys From the New Rockport Colony

The Good Food Store is excited to again bring our customers naturally-raised turkeys from the *New Rockport Hutterite Colony* near Choteau, Montana. Frozen Hutterite turkeys will be available starting Friday, November 8. And a limited number of *fresh* Hutterite turkeys will be available at 7:00 am on Turkey Tuesday, November 26. We cannot reserve these 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 fresh Hutterite turkeys available on Turkey Tuesday have been harvested within a few days of arriving at the store. To ensure food safety, the turkeys are refrigerated at 28° Fahrenheit after processing. Depending on location in the refrigerator, some of the turkeys may be quite firm and you will need to plan for adequate “thawing” time before cooking.

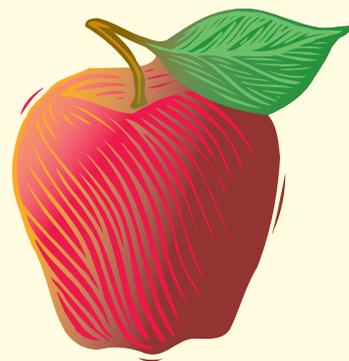
## *Diestel Family Ranch* Fresh Organic Turkeys

The Good Food Store will also have organic turkeys for your Thanksgiving table – certified organic turkeys and certified organic American heirloom turkeys. *Both varieties of Diestel organic turkeys are available by special order only.* The *Diestel* turkey ranch is a family-run operation in the Sierra Mountain foothills that is committed to regenerative agriculture. *Diestel* turkeys are produced according to strict animal welfare and environmental standards. Quantities will be limited so don't wait to call 541-3663 to special order your organic turkey.

## 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 and dry outside skin of the turkey. 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.