



New Roasting Times For Whole Turkeys

***New research shows whole turkeys take less time to cook!**

Use these new cooking times to prepare roast turkey that's moist, tender and delicious.

Weight	Oven times 325 F (160 C)		Barbecue Times medium heat
	stuffed	unstuffed	unstuffed
6 - 8lbs (3.0 - 3.5kg)	3 - 3 1/4hrs	2 1/2 - 2 3/4hrs	-
8 - 10lbs (3.5 - 4.5kg)	3 1/4 - 3 1/2hrs	2 3/4 - 3hrs	1 1/2hrs
10 - 12lbs (4.5 - 5.5kg)	3 1/2 - 3 3/4hrs	3 - 3 1/4hrs	1 3/4hrs
12 - 16lbs (5.5 - 7.0kg)	3 3/4 - 4hrs	3 1/4 - 3 1/2hrs	2 hrs
16 - 22lbs (7.0 - 10.0kg)	4 - 4 1/2hrs	3 1/2 - 4hrs	-

Your turkey is done when:

- a meat thermometer in the inner thigh reads 180 F (82 C) for a stuffed turkey.
- a meat thermometer in the inner thigh reads 170 F (77 C) for an unstuffed turkey.
- the legs move easily when twisted and the juices run clear.

When the turkey is done remove it from the oven or barbecue. Cover it with foil and let it stand 15-20 minutes before carving.

*Diversified Research for the Canadian Turkey Marketing Agency 1994