

Health Highlights: Preparing and thawing your turkey correctly
Audio Version
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ANCHOR INTRO:

THE HOLIDAYS ARE HERE – AND SOON WE’LL PREPARE THANKSGIVING MEALS FOR OUR LOVED ONES FEATURING A MAJOR STAPLE: TURKEY.
OSF HEALTHCARE’S TIM DITMAN EXPLAINS THAWING AND COOKING THE HOLIDAY BIRD.

TAKE PKG <<(THAWING A THANKSGIVING TURKEY CAN TAKE DAYS. ASHLEY SIMPER FROM OSF HEALTHCARE – RECOMMENDS KEEPING THE TURKEY IN THE FREEZER UNTIL READY TO THAW – TO MAINTAIN A TEMPERATURE BELOW 40 DEGREES FAHRENHEIT. TO THAW – USE 24 HOURS OF THAW TIME PER 4-5 POUNDS OF TURKEY. FOR LARGER BIRDS – MOVE IT FROM THE FREEZER TO THE REFRIGERATOR THE FRIDAY **BEFORE** THANKSGIVING. ANOTHER OPTION - TIGHTLY WRAP THE TURKEY IN A BAG - SUBMERGE IT IN COLD WATER – CHANGING THE WATER EVERY 30 MINUTES UNTIL THAWED. ALLOW 30 MINUTES OF THAW TIME FOR EVERY ONE POUND OF TURKEY... AND COOK IMMEDIATELY AFTER THAWING. LASTLY – IF YOUR MICROWAVE IS LARGE ENOUGH – YOU CAN USE ITS THAW SETTINGS.

YOU’VE THAWED THE TURKEY – NOW PREHEAT THE OVEN TO 325 DEGREES. COOK COVERED IN FOIL FOR 2 HOURS... SO IT DOESN’T BURN. THEN – SAFELY REMOVE THE TURKEY AND BASTE IT WITH OIL OR BUTTER. INCREASE THE OVEN TEMP TO 425 DEGREES... AND COOK FOR ANOTHER 45 MINUTES IF YOUR TURKEY IS 8-10 POUNDS.

SARA UMPHFLEET... A REGISTERED DIETITIAN WITH OSF HEALTHCARE... SHARES FOOD SAFETY TIPS.

SARA UMPHFLEET | REGISTERED DIETITIAN | OSF HEALTHCARE <<("You want to make sure before you're cooking it, and setting it up, that you're not washing the turkey. Turkey should never be washed due to cross-contamination."

AFTER BAKING ... REST TURKEY FOR 20-30 MINUTES. CHECK INTERNAL TEMP WITH THERMOMETER – MAKE SURE IT’S AT LEAST 165 DEGREES FAHRENHEIT.

WITH TODAY’S HEALTH HIGHLIGHTS – I’M TIM DITMAN.)>>