



Turkey

Determine dinner time _____

Defrost start time _____

Start cooking time _____

Turkey Size & Roasting Time	{	12-16 lbs 3 hours
		17-21 lbs 4 hours
		21-25 lbs 5 hours

Seasoning Yields $\frac{1}{3}$ Cup
Prep 5 - 10 min

Directions

Seasonings

- 6 tsp Coarse salt
- 4 tsp Pepper
- 4 tsp Smoked paprika
- 4 tsp Dried oregano
- 4 TBSP Garlic powder
- 2 TBSP Chili powder
- 6 TBSP Brown sugar
- 2 TBSP Dried thyme
- 2 TBSP Dried rosemary

1. Mix all seasonings in a bowl or jar.
2. Pat dry turkey with a paper towel.
3. Rub the seasoning all over the turkey breasts and legs. Use 1.5 TBSP per turkey lb. Toss some seasoning inside the turkey cavity. (Optional)
4. Store left over seasoning in an airtight container in a cool, dark place for up to 6 months.

Turkey Tips and Cooking

Defrost Tips



Defrost in fridge at least 1 full day

Breast side up

1 day per 4 lbs of turkey

Keep in wrapping and place in a tray.

Use within 4 days of thawing

Defrost turkey in cold water (QUICK)

Fully submerge wrapped turkey
in cold water

Change water every 30 minutes

30 min thawing per 4 lbs of turkey

It's ok if not completely defrosted
inside

Prep the Turkey

- Preheat oven to 325°F
- Remove giblets/neck
- Pat dry well
- Apply butter and herb rub under the skin of the breast & all over the outside
- Add some to the inside of the turkey
- Put seasonings and/or part of an onion in the cavity (optional)

Prep for Making Gravy

If you want to make gravy with drippings! (Do it!)

- Add 2-3 Cups of water in the roasting pan.
- Add cut up celery sticks, carrots and onions in the base
- Add garlic cloves if wanted

You will use 1-2 ½ Cups of the drippings for the gravy while the turkey rests.

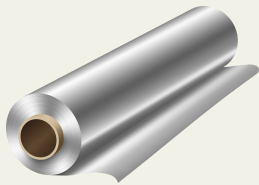
Turkey Tips and Cooking

Click pics to shop !

What You Need



Roasting Pan
Can USE disposable



Foil to tent
not required though



Gravy Strainer
Can use a mesh cloth



Baster
Highly recommend



Meat Thermometer
Tells when its done
Click either picture



Serving Platter
Show off your
hard work

Cook the Turkey

1. Fill the base of the roasting pan with water and seasonings if making gravy. If not, you can skip this part.
2. Place the turkey on the rack in the pan and cover with foil. Foil is optional, but helps it from drying out.
3. Put the rack to the bottom of the oven. Remove top rack if needed.
4. Cook turkey. Cooking time based on weight.
5. Can remove foil last 10 minutes to crisp the turkey skin.
6. Turkey is done cooking when the breast temperature is 165 and thighs at 175
7. Allow the turkey to cool 20 to 30 minutes so juices can redistribute.

Don't put stuffing inside!

It'll cook faster, safer and doesn't dry out the turkey. Not the hype thought it would be.

Seasoning Tips

Butter Seasoning Mix

- 4 TBSP softened butter
- ½ tsp black pepper
- ½ tsp thyme
- ½ tsp rosemary
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika

Mix all seasonings into the butter.



Butter gives a better flavor!
Use dairy free butter if needed.
Put it inside the turkey and under the skin.

Oil works too but just on the skin.
Plus it'll help crisp the skin.
Use a healthier oil such as canola, olive or avocado oil.

Inside the Cavity

Optional, but adds aromatics

- 1 onion (halved)
- 1 lemon halved
- 6 garlic cloves
- Rosemary or thyme sprigs

Applying Seasoning

Put butter and seasoning in between the skin and breast.

Add 1 TBSP oil on skin for browning purposes

Seasoning for Skin

After oiling the skin with 1 tsp of whatever oil you choose, sprinkle:

- 1 tsp kosher salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika

Optional
½ tsp thyme and rosemary

Turkey Gravy Recipe

Turkey Gravy

- 1 ½ – 2 Cups Pan drippings from a 12- to 15 lb roast turkey
- Up to 2 cups low-sodium turkey or chicken broth
- ¼ Cup turkey fat or butter
- ¼ cup All-purpose flour
- Optional extras: 1 teaspoon minced fresh herbs like rosemary, thyme, or sage

Based on taste

- Kosher salt
- Freshly ground black pepper

GLUTEN FREE SLURRY

2 TBSP cornstarch

¼ Cup milk (could be dairy free)

Mix this together in the pan before adding other ingredients.

Roux is a thickening agent using a fat and flour.

A slurry is a gluten free thickening option. Gravy produced from this will be more translucent.



1. After roasting, remove the turkey from the oven/roasting pan.
2. Strain the drippings: Pour the drippings into a bowl and strain them through a fine mesh sleeve OR using a gravy strainer to remove solids.

-Optional: Let the fat separate for 10 min or put in fridge to quicken it.

3. Make the roux using butter:

In a saucepan, melt ¼ Cup butter and whisk in ¼ Cup flour to create a roux. Cook and stir until the mixture is golden brown and thick.

Make the roux with turkey fat:

In a saucepan, mix ¼ Cup fat and whisk in ¼ Cup flour to create a roux. Cook and stir until the mixture is golden brown and thick.

– If you don't have ¼ Cup of fat, fill in with butter to equal ¼ Cup.

4. Gradually whisk in the strained drippings and 2 Cups broth while continuing to whisk until the gravy is smooth.

5. Season with salt and pepper (and herbs) to taste, then serve hot

Turkey Broth Recipe

Use all of your turkey for nutritious bone broth with these benefits:

- Boosts gut health
- Supports menstrual health
- Promotes thyroid function
- Improves skin, nails, and hair
- Reduces inflammation
- Enhances relaxation and sleep

Ingredients

- Bones from the cooked turkey
- 2 carrots cut in large chunks
- 2 celery stalks with leaves cut in large chunks
- 1 onion quartered
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon sage
- 5-10 cups water

Storing Broth

Store in refrigerator in a sealed container for 5-7 days .
May freeze in freezer safe container or ice cubes.

Using Broth

In place of chicken broth soups, risotto, sauces, gravies

1. Combine all ingredients in a 6 quart slow cooker. Cover with water.
2. Cover and cook on low for 10-12 hours (overnight).
3. Turn off slow cooker, remove lid, and allow broth to cool.
4. Strain broth through a colander. Discard bones and vegetables.. (Can save meat for soup)
5. If needed for extra bits, strain broth through a cheesecloth.
6. If you want to separate the fat, let it cool to separate.
7. Refrigerate broth. Freeze in smaller portions, or use in place of chicken broth in any recipe.





Hi! I'm Jess!

Let's stay
connected!



@youcan_callmejess @youcancallmejess



Makeup
with Jess



Piper Blue®
illuminating organic makeup

My Thanksgiving Favorites
on Amazon



Click Amazon symbol
to check it out!



I am a mom to
4 amazing kids
2 boys and 2 girls

Elementary Teacher
15 years
Preschool Owner
since 2021

Although I am a
choreographer, I am
a self taught dancer.

Currently in
my healing era.
Self Love is Key.