



# TURKEY

## Buy

Look for a local, free-range bird for the best flavor and avoid anything labeled “butter basted” (read: injected with saturated or hydrogenated fat). Big free-range, organic birds often tip the scales at nearly 20 pounds, so invite an army or plan for lots of leftovers.

## Store

Fresh turkey should be cooked within 2 to 3 days of purchase. Turkey labeled “previously frozen” must be cooked within 48 hours of purchase. A frozen whole turkey will keep for a year in the freezer. Do not leave turkey (cooked or raw) at room temperature for longer than 2 hours. Cooked turkey may be refrigerated for up to 4 days or frozen for up to 4 months.

## Serve

If the turkey is frozen, it will take about 4 hours per pound (10 hours per kg) to thaw the bird in the fridge (that’s 2 to 3 days for a small bird). Don’t thaw it at room temperature or cook a partially frozen bird, or you risk salmonella poisoning. To save time, place the turkey, still in its plastic wrap, in a sink and cover completely with cold water. Allow 1 hour per pound (2 hours per kg) to thaw, and keep the water cold. You can roast a turkey stuffed or unstuffed, grill or smoke a whole bird, or even deep-fry a turkey in a giant fryer (with a pitchfork to submerge it in the hot oil).

## Don’t Waste It!

- Of course, you will save the turkey carcass to make homemade turkey stock (if you don’t have time now, just freeze the bones and make stock later).
- Make turkey/mashed potato/gravy/stuffing/peas TV dinners—just freeze in a shallow plastic or metal container to pull out on busy nights.
- Use roast turkey breast meat in a classic clubhouse (AKA Dagwood) sandwich: stack it with toast, bacon, ham, cheddar, tomato, and mustard mayo.
- Reheat the small bits of leftover turkey in the leftover gravy and pour over toasted bread for hot turkey sandwiches.
- Add leftover turkey to stir-fries, curries, and pasta dishes (any place you might use chicken).
- Shred leftover turkey and mix with mole sauce to wrap up in corn tortillas.
- Combine shredded turkey with leftover rice and fry in a wok with oil, soy sauce, bean sprouts, ginger, green onions, and peas for fried rice.
- Toss turkey with spicy tomato salsa and roll up in flour tortillas with grated cheese, lettuce, cilantro, and refried beans.