

Turkey Math

For birds under 16 pounds, figure at least 1 pound of turkey per person. For birds 16 pounds and heavier, figure a bit less since there's more meat in proportion to bone. If you want substantial seconds and leftovers, allow another 1/2 pound per person.

How to Cook a Jaidl Turkey

Jaidl has grown a lean "Lite" turkey for over 30 years. Jaidl turkeys have 55% less fat and 25% less calories than other raw turkey, as determined by the U.S.D.A. Jaidl has been chosen for nearly 50 years by the National Turkey Federation to provide the turkeys that grace the Holiday table at the White House

Prepare:

If turkey is frozen – be sure the turkey is fully thawed prior to placing in the oven! A frozen turkey may be defrosted by placing it (keeping in the airtight bag) in your refrigerator for 4 to 7 days depending on the size.

About an hour before roasting, take the turkey out of the fridge. Remove any packaging and the bag of giblets (check in the body cavity and in the neck cavity). Set the turkey breast-side up on the roasting rack and let it sit. This takes the chill off the meat, which helps the meat cook faster and more evenly, and it dries out the skin, which promotes browning and crisping. Optional Extras - Rub minced herbs or ground spices into (or beneath) the skin for more flavor, place a few halved lemons or garlic cloves inside the cavity of the turkey.

Roast:

1. Roast the Turkey

Set the oven to 325 degrees and cook the turkey uncovered for 20 minutes. After 20 minutes, tent the turkey with foil, cook 13-15 minutes per pound. There is a limited amount of fat under and within the skin of the turkey, therefore, the Jaidl Grand Champion Brand turkey cooks in less time than most other birds.

2. Check the Temperature

To make sure that turkey is fully cooked through, check its temperature often in three places: the breast, the outer thigh, and the inside thigh. Pull the turkey once it's reached 160 degrees so that it rises to a safe 165. There is a cooking device that will activate within 1/2 hour from scheduled roasting time, remove turkey from oven and check for doneness.

3. Rest the Turkey

Lift the whole turkey (still on the rack) and transfer it to a cutting board. Tent the turkey with aluminum foil. The turkey will continue to cook once it's removed from the oven and given time to rest. Rest your bird for at least 20 minutes.

