



HOW TO SAFELY THAW A TURKEY

Proper Turkey Thawing

November brings Thanksgiving, and Thanksgiving means you may be distributing frozen turkeys to clients. We want everyone to have a safe and happy holiday, especially when it comes to food safety. Did you know there are three ways to properly thaw a frozen turkey?

Refrigerator Thawing

1. Place turkey in a container to prevent juices from dripping on other foods.
2. In a refrigerator set at 40 degrees or below, allow 24 hours for every 5 pounds of meat (a 10 pound turkey would be 48 hours).
3. Your turkey can be held in the refrigerator for up to 48 hours after thawing but may lose quality if not cooked immediately.

Cold Water Thawing

1. Wrap turkey in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water.
2. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes.
3. Allow 30 minutes of thawing per pound of turkey (10 pound turkey would be 5 hours).
4. Your turkey should be cooked immediately after thawing.

Micro wave Thawing

1. Microwaves are only suggested for thawing small turkeys (4-5 pounds or smaller). Use the defrost setting or manufacturer's suggestion in your owner's manual for thawing.
2. Plan to cook your Turkey immediately after thawing.

Turkeys should never be left sitting on the counter for longer than 2 hours. For more information about food safety, visit the [Food Safety](#) link on the [Agency Portal](#).