## RT'S TURKEY COOKING HOW-TO:

## PREPPING AND COOKING A TURKEY CAN BE A DAUNTING TASK BUT WITH THIS GUIDE, YOU'LL BE A PRO IN NO TIME.

- 1. Rinse the turkey (fresh or defrosted) well and pat dry before seasoning and dressing.
- 2. Preheat oven to 450°F. Place turkey into a roasting pan with the breast up and tie legs together.
- 3. Season the turkey using melted butter and your choice of herbs. Make sure to get the butter and seasoning under the skin but be careful not to tear it.
- 4. Cook for approximately 20 minutes, until light browning occurs, then reduce oven temperature to 350°F for remaining cooking time. Cooking time is weight-based: plan for approximately 12-14 minutes per pound of turkey.
- 5. Baste every 15-20 minutes and rotate the pan every half hour.
- 6. Bake until inner temperature is 165°F at the thickest point. For a true temperature, insert meat thermometer into the thigh and push into the densest part of the breast.
- 7. Don't forget to check the stuffing (if using). It should also be 165°F.
- 8. Once at temperature, remove from oven. Let turkey rest for 20 minutes before slicing. Reserve the pan drippings to make your gravy... or purchase RT's pre-made gravy in our grab-and-go!

RISING	
TIDE NATURAL MARKET	

TURKEY SIZE	ESTIMATED COOKING TIME AT 350°F	
9-11 LBS	2.5 HOURS	
12-14 LBS	3 HOURS	
15-17 LBS	3.5 HOURS	
18-20 LBS	4 HOURS	
21-23 LBS	4.5 HOURS	
24+ LBS	5+ HOURS	