

PREPARING & COOKING A “FREE RANGE” WILLIE BIRD TURKEY

Willie Bird “free range” turkeys are raised in Northern California on all natural diet and are free to roam the oak studded hills of this beautiful area. These broad breasted turkeys are nationally known for their superior quality, tenderness and taste. All turkeys are shipped on a “Priority Overnight FedEx” for “fresh” and ” 2nd day FedEx” for “frozen” unless purchased at a store.

Either of these turkeys should be brought out of the refrigeration approximately one to two hours prior to roasting to allow the bird to come up to room temperature. This will allow a truer cooking time and less waste of energy in the cooking process.

We recommend that you purchase a simple instant read cooking thermometer (Most large stores carry this item). This will give you the most accurate read for the best cooking temperature for the bird. Do not leave the thermometer in the turkey. Or, prick the thigh with a fork or skewer; the juices should run clear, not pink.

Preheat oven to 375oF. Remove giblets from under neck skin and then the neck from the cavity the previous day and use as a broth for your stuffing and gravy. If cooking with out stuffing, season cavity and outside of the bird with salt and pepper or poultry rub, fill with a peeled, quartered onion, cut up celery then place the bird in a large roasting pan with one cup of water or more depending on size of turkey. If stuffed, fill cavity and under neck skin with your favorite stuffing. Then truss the turkey by tying the legs together and place in pan and continue. Brush outside of the bird with melted butter or cooking oil and place in oven. Reduce temperature to 325oF after 45 minutes and continue cooking, basting 2-3 times throughout the cooking process. Cover bird with a tin foil tent for the last hour.

Ten to fifteen minutes per pound is the recommended roasting time (If stuffed, add 30 minutes). The temperature check can be done in the deepest part of the breast (160F)). Remove from oven and place on warm platter then allow 15 minutes to finish cooking with tin foil cover still on, then serve.