

Turkey – The Perfect Bird

This recipe is for convection ovens. The Convection Oven cooks the turkey: in less time, with less temperature, and by circulating the air. The result is a juicy and tasty turkey.

The keys for convection ovens to work are the location of the bird and the airflow.

Basting is not necessary due to the airflow of the convection oven.

Other key steps are the internal temperature of the bird and resting. Please note that the internal temperature of the bird will increase after resting.

I use a hen Butterball turkey, about 18 pounds for Thanksgiving.

The recipe is broken into three phases: **Thawing**, **Preparation**, and **Cooking**.

Thawing

I use a frozen turkey to start with. Place the turkey in the refrigerator 3 days to thaw prior to the preparation phase. If the turkey is to be cooked on Saturday, thawing should start on Wednesday.

Place the frozen turkey in refrigerator on top of a towel and let it set for 3 days.

Preparation

To prepare the turkey for roasting, first remove the giblets (and save for gravy or stuffing). Next, rinse the bird inside and out and pat dry with paper towels. Note, be sure that both cavities are clean and clear of giblets (neck, heart, and liver).

Brush the skin with olive oil to prevent burning and lightly salt the outside of the bird.

Place inside the bird about a half cup of copped celery and a half cup of chopped onion for flavor. Note, the celery and onion are discarded after cooking the bird.

Cover with the bird with a tent made of foil. Note, the airflow must get to the bird for the skin to brown and the convection oven to work correctly.

Cooking

Note, a **digital meat thermometer** is used here for best results. This is most likely plastic and should NOT be kept in the turkey. This provides for instant internal temperature read-out.

The only reliable test for doneness is the temperature of the meat, not the color of the skin. *The turkey is done when the meat reaches an internal temperature of **170 degrees F at the breast**.* After resting, the turkey will be approximately 180 degrees.

Roasting a turkey is the easiest cooking method: the oven remains a constant temperature, and it's easy to check the internal temperature periodically.

Before roasting the turkey, position the racks so that the bird is in the middle of the oven.

Place the bird on the rack and the rack on the grid and the grid on the roasting pan. See page 19 of the Electric Range User Guide.

The convection oven temperature should be 300 degrees.

For birds 13 lbs or less cook for 10 minutes per pound.

For birds greater than 13 lbs, cook for 10 minutes per pound. Note the cooking guidelines are the same for all birds.

An 18 lbs bird will cook in about 3 hours. Halfway through cooking (about 1 and ½ hours) rotate the bird 180 degrees. This will ensure even cooking of the bird.

Remember these are only guidelines, the actual cooking time will be determined by the digital meat thermometer.

For birds greater than 18 lbs, check the internal temperature after 2 and ½ hours. Remove the foil if the skin is not brown. Note, convection ovens will brown the skin correctly.

For birds less than 18 lbs, check the internal temperature after 2 hours.

Check the internal temperature every 15 – 20 minutes. The time between checking will decrease as the internal temperature reaches 170 degrees.

After resting at room temperature (30 – 60 minutes), the juices are redistributed throughout the turkey and the meat stands up to carving better--the juices stay in the slices, rather than on your countertop.

Discard the celery and onions prior to cutting the turkey.

Mike