

*Cook your Thanksgiving  
centerpiece with confidence*



## **THAW**

### **In refrigerator**

**24 hours per 5 pounds of turkey**

*For example, a 15-lb. frozen turkey would take about 3 days (or 72 hours) to thaw.*

### **In water**

**30 minutes per 1 pound of turkey**

*For example, a 15-lb. frozen turkey would take about 7.5 hours to thaw if fully submerged in water.*

*(Cooking and brining instructions on reverse)*

## BRINE

Brining uses salt to denature proteins, which makes the meat more moist and tender, with better flavor.

### Ingredients:

- Lakewinds housemade dry brine mix (*found in the meat dept.*)
- Water

### Instructions:

1. Combine dry brine mix (about 2 cups) with water (2 gallons) in a large pot and bring to a boil. Remove from heat and let cool to room temperature.
2. Add turkey to a large stock pot or brining bag and cover the turkey with wet brine mixture, ensuring the entire turkey is covered.
3. Refrigerate for 10-12 hours for best results. Too little time to brine and the bird may be dry once cooked; too much time to brine and the bird may be mushy once cooked.

## ROAST at 350°F *(Internal temperature should reach 165°F)*

Weight	Avg. roast time (unstuffed)	Avg. roast time (stuffed)
8-12 lbs.	2:45 - 3:00 hours	3:00 - 3:30 hours
12-14 lbs.	3:00 - 3:45 hours	3:30 - 4:00 hours
14-18 lbs.	3:45 - 4:30 hours	4:00 - 4:15 hours
18-20 lbs.	4:15 - 4:30 hours	4:15 - 4:45 hours
20-24 lbs.	4:30 - 5:00 hours	4:45 - 5:15 hours
4-6 lb. breast	1:15 - 2:15 hours	—
6-8 lb. breast	2:15 - 3:15 hours	—