

*We're talkin' Homegrown
Homemade Goodness
Serving the Jersey Shore
Since 1938*



*Hinck's Turkey Farm
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EASY COOKING STEPS FOR A PERFECT HINCK TURKEY DINNER

At Hinck Turkey Farm we want your experience to be nothing but perfect with family, friends and great food. Our whole turkeys are sold oven-ready, dressed, washed, inspected and packaged. Following these steps for safe handling and cooking will ensure a perfect meal. Our turkeys are young, fresh and very tender. Avoid over cooking.

- THAWING:** Leave the turkey in the original wrapping. **DO NOT THAW TURKEY AT ROOM TEMPERATURE.** Place turkey in a minimum 2" deep tray, in refrigerator for 3 to 4 days. Allow 4 hours per pound of turkey to completely thaw. For a fresh turkey, keep in the original wrapping until preparation, and maintain temperature at 40° or slightly below.
- PREPARATION FOR ROASTING:** All equipment and material used for storage, preparation and serving of poultry must be clean. Wash hands thoroughly with hot soapy water before and after handling raw poultry. Use hard plastic or acrylic cutting boards to prepare poultry. Remove plastic wrapping from fresh turkey. Remove giblets and neck from the body and neck cavities. To remove neck, it may be necessary to release legs from band of skin or wire hock lock. Rinse turkey inside and out with cool water, and return legs to band of skin or tie loosely. Tuck wings under back of turkey (akimbo).
- OPEN PAN ROASTING:** We do not recommend cooking with the stuffing inside the bird, but if you prefer it, place stuffing loosely inside the cavity. Do Not Pack the stuffing. (Excess stuffing will delay cooking and give uneven results.) Place the turkey breast side up in shallow roasting pan, about 2 inches deep. Basting with vegetable oil or margarine is optional with our birds because they are grown with a natural finish, which usually needs no basting. **Once you have started roasting your turkey it would be a good time to wash all utensils and surfaces which came in contact with the uncooked product.** Check turkey periodically and once it reaches a golden brown, place aluminum foil over the bird to protect the skin and avoid drying. Follow the table below for cooking times and check for doneness about 45 minutes before estimated time. The deepest part of the meat should be the spot for getting the best temperature reading. The thigh should reach 170°F – 180°F, the white meat should reach 165°F – 175°F. Signs of the turkey being cooked thoroughly are clear juices, meat that is not pink or bloody, and if stuffed, the stuffing should reach 160°F.

IN A 350° PRE-HEATED OVEN

Weight	no stuffing	stuffed
6 – 8 lb.	2 ½ – 2 ¾ hrs.	3 – 3 ¼ hrs
8 – 10	2 ¾ – 3	3 ¼ – 3 ½
10 – 12	3 – 3 ¼	3 ½ – 3 ¾
12 – 16	3 ¼ – 3 ½	3 ¾ – 4
16 – 22	4 -- 5 ½	4 – 5 ¾

After the turkey is thoroughly cooked, allow 20 minutes before carving to prevent the meat from falling apart and prevent the loss of juices.

ROASTING A BONELESS TURKEY BREAST

1. Keep turkey breast refrigerated at 40° or below until preparation.
2. A turkey breast will need 20 minutes per pound in a preheated 325° oven. Pop-up timers are helpful, but we recommend a meat thermometer.
3. Use a shallow roasting pan with sides higher than the meat.
4. Add 1/4 cup of water to bottom of pan, to add to pan juices.
5. Cook uncovered with the skin side up. Internal temperature should register 170° in the thickest part of the breast.
6. Allow meat to rest 20 minutes before slicing.
7. Carve following directions for Kitchen Method White Meat.

CARVING A WHOLE TURKEY

Here are two excellent carving methods – the traditional, often used for carving at the dining table, and the kitchen method. As the name implies, the kitchen method is done in the kitchen and prepared slices placed on a platter and served at the dining table. Dark meat is carved the same way for both methods.

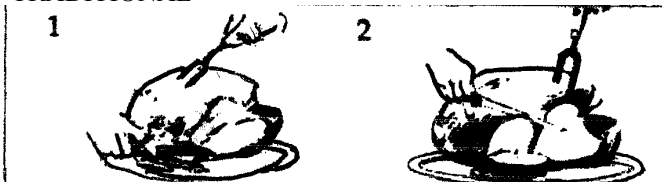
Carving the Dark Meat



1. Remove drumstick and thigh by pulling leg away from body. Joint connecting leg to backbone will often snap free or may be severed easily with knife point. Cut dark meat from body by following body contour carefully with knife.
2. Place drumstick and thigh on cutting surface and cut through connecting joint.
3. Tilt drumstick to convenient angle, slicing down toward cutting surface.
4. Hold thigh firmly on cutting surface with fork. Cut slices evenly and parallel to bone.

Carving the White Meat

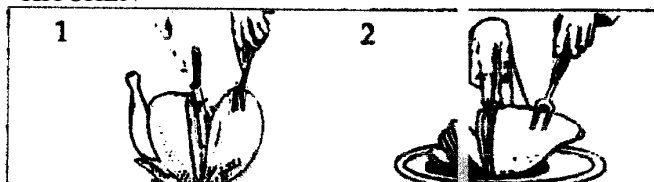
TRADITIONAL



Traditional Method

1. Hold turkey breast firmly on cutting surface with fork. Place knife parallel and as close to wing as possible. Make deep cut into breast cutting toward ribs. This makes a base cut. Each breast slice will stop at this horizontal base cut.
2. Slice breast by carving downward, ending at base cut. Keep slices thin and even.

KITCHEN



Kitchen Method

1. Hold turkey breast firmly on cutting surface with fork. Using a sharp knife, carve each breast half away from ribs by cutting along keel bone and rib cage.
2. On cutting surface, carve each breast half into thin, even slices against grain of meat.