Tips For Roasting a Thanksgiving Turkey

Hello [[firstname]],

As you know from the ‘Healthiest Way to Cook a Turkey’ blog post, roasting a turkey is the healthiest method. Roasting a turkey prevents you from having to use excessive oil like when you are frying a turkey, which happens to be the unhealthiest way to cook your turkey.

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Here are some tips to roast your turkey to perfection.

**Learn How to Thaw the Turkey**

For someone who is brand new to roasting a turkey, the mistakes start early with defrosting it. A frozen turkey probably takes longer to defrost than you think. Usually, it should be defrosted in the refrigerator for a few days before the day you are going to cook it. If you are only giving it 1-2 days to defrost in the refrigerator, unwrap the turkey and defrost it uncovered. This allows your turkey to have crispy skin after it is roasted.

**Don’t Cook it With the Stuffing**

You may have heard that people used to actually put the stuffing inside the bird while cooking, but this is no longer a recommended method. It may not only cause the stuffing to be overcooked due to how long the turkey takes to roast, but the raw meat mixed with the stuffing mixture can cause contamination and bacteria to spread that you really don’t want to deal with. Go ahead and make your stuffing separate from the turkey, then stuff it once everything is done being cooked. Instead of stuffing, fill the inside of the bird with vegetables that add to the flavor, such as celery and onions.

**Apply Oil and Seasonings to the Outside**

You should rub the outside of your turkey before putting it in the oven. This includes first rubbing it with olive oil or vegetable oil, then adding your seasonings. The oil allows the seasonings to coat it without falling off, but also makes it more moist. Once it is seasoned properly, cover it with aluminum foil to keep the outside from browning before the inside gets a chance to cook all the way through.

**Don’t Keep Opening the Oven Door**

The more often you open that door, the more air is let in, and the drier your turkey will be. You should only open it when absolutely necessary, such as when basting the turkey or adding more water if it is looking a bit dry. Otherwise, keep the oven door closed and use the oven light to see how it is progressing.

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