

# TURKEY BREAST COOKING TIMES

Remove from fridge 30 mins before cooking, rub the outside skin of the turkey breast with butter and lay bacon on the outside (optional) Sprinkle the outside of the turkey breast with your seasonings until it is sufficiently coated then completely wrap in foil.

The turkey breast cooking times may vary greatly, depending on a number of variables such as the shape and the variations in different ovens, position within the oven also if the turkey breast is fresh or frozen and then thawed. (Your turkey breast from Flanagans will be fresh). Adding to the confusion is that almost every source providing roasting times is different from one another.

The oven should be pre-heated to **190°C / 375°F / Gas Mark 5** and the breast cooked at this temperature **for 20mins per lb**. Please see below at the table for cooking times

SUGGESTED COOKING TIMES (Remember ovens vary greatly)		
WEIGHT OF TURKEY BREAST		TOTAL COOKING TIME
KILOS	LBS	WITH FOIL
1.8	4	1 Hour 20 Mins
2.2	5	1 Hour 40 Mins
2.7	6	2 Hour 00 Mins
3.2	7	2 Hour 20 Mins
3.6	8	2 Hour 40 Mins
4	9	3 Hour 00 Mins
4.5	10	3 Hour 20 Mins
5	11	3 Hour 40 Mins
5.5	12	4 Hour 00 Mins

Baste two or three times during cooking and remove foil for the last 30 minutes of cooking to brown outside

To tell if the turkey breast is cooked, cut the thickest part of the breast with a knife/skewer then press against the outside to see if the juices run clear without any trace of pink – if the juices are clear, the turkey breast is cooked.

After cooking, cover in foil and allow the turkey breast to rest for about 30 minutes, and then carve.

**Please note:** These are only guidelines, ensure that the thickest part of the breast has an internal temperature of 70°C/170°F for two minutes using a temperature probe or food thermometer

**Storing leftovers:** Keep cooked meat and poultry in the fridge. If they are left out at room temperature, bacteria that causes food poisoning can grow and multiply. After you've feasted on the turkey, cool any leftovers as quickly as possible (within one or two hours), cover them and put them in the fridge. Ideally, try to use up leftovers within 48 hours.