

Don't let "Sam" & "Ella" ruin your holidays!!



Who are "Sam" and Ella"? Actually, it's **SALMONELLA**, a potentially dangerous germ that can cause foodborne illness. This bacteria especially likes to hang out in food that is not cooked properly—including your holiday turkey!

Symptoms of this germ are diarrhea, cramps and fever and can last from 4-7 days. These symptoms typically start 12-72 hours after eating food tainted with this bacteria.

What Can I Do? Thawing properly and cooking your holiday turkey to the proper temperature are especially important! So is using a food thermometer to make sure your turkey is cooked to 165 degrees—this insures that any bacteria present will be killed!

Here are some tips to keep salmonella (a.k.a. Sam and Ella) away from your holiday table:

THAWING: Thaw a frozen turkey in the refrigerator (*NOT ON THE COUNTERTOP OR IN THE SINK*). Here's how long it will take:

- 8-12 pounds—1 to 2 days
- 12-16 pounds—2 to 3 days
- 16-20 pounds—3 to 4 days
- 20-24 pounds—4 to 5 days



(That means a **LARGE** frozen turkey will need to be in the refrigerator for thawing on the weekend **BEFORE** Thanksgiving!)

The refrigerator method is the preferred method for thawing a turkey, but in a pinch you can also thaw a frozen turkey in cold water. You need to change the water every 30 minutes. Here's how long it will take:

- 8-12 pounds—4 to 6 hours
- 12-16 pounds—6 to 8 hours
- 16-20 pounds—8 to 10 hours
- 20-24 pounds—10-12 hours

COOKING - Unstuffed

<u>Size of Turkey</u>	<u>Cooking Time</u>
8-12 pounds	2 3/4 to 3 hrs.
12-14 pounds	3 to 3 3/4 hrs.
14-18 pounds	3 3/4 to 4 1/4 hrs.
18-20 pounds	4 1/4 to 4 1/2 hrs.
20-24 pounds	4 1/2 to 5 hrs.

COOKING - Stuffed

<u>Size of Turkey</u>	<u>Cooking Time</u>
8-12 pounds	3 to 3 1/2 hrs.
12-14 pounds	3 1/2 to 4 hrs.
14-18 pounds	4 to 4 1/4 hrs.
18-20 pounds	4 1/4 to 4 3/4 hrs.
20-24 pounds	4 3/4 to 5 1/4 hrs.

Use a meat thermometer to check the internal temperature of the turkey. When the temperature (as measured in the thigh) has reached 180 degrees F., the meat has reached a safe temperature and is safe to eat. Check the temperature in several locations. Stuffing should reach 165 degrees F. whether cooked inside the bird or in a separate dish.

LEFTOVERS - To store leftovers, cut the turkey into pieces then refrigerate the stuffing and turkey separately in shallow containers within one hour of cooking. Use the leftover turkey and stuffing within three or four days, and gravy within one to two days, or freeze these foods. Reheat thoroughly to a temperature of 165 degrees F. or until hot and steaming.

