TURKEY ROLL COOKING GUIDE

**Roasting Chart**

**Turkey Breast**

Allow approximately 1/2 pound of raw meat per person. Rub lightly with salt and pepper. Place in pan and 'tent' with foil until last 20-30 minutes of roasting time. This will allow the breast to brown. Roast at 350 degrees until meat thermometer registers 165 to 170 degrees. This works out to approximately 25 minutes per pound. Allow turkey breast to stand for 20 minutes after removing from the oven before slicing. This will seal in the juices. **Note:** If you would like gravy, add 1 to 2 cups of water or broth to the bottom of pan. Make sure you place the roll on a rack so it is not submerged.

**Boneless Turkey Breast/ Boneless Turkey Roast/ Semi Boneless Turkey**

Allow approximately 1/2 pound of raw meat per person. The boneless breasts, boneless roasts and semi boneless turkeys are rolled and netted. Leave the net on while roasting. Follow same roasting suggestions as above. The roasting time will increase to 35-45 minutes per pound at 350 degrees. Again, the internal temperature should be 165-170 degrees. Allow the breast/roast to stand 20 minutes before you remove the netting and then slice.

**Helpful Tips**

We recommend using a meat thermometer when roasting. Place meat thermometer in the meatiest part of the breast making sure to stay away from the bone. If roasting boneless breast, boneless roast or semi boneless turkey, place thermometer in the center of the meat.

Baste meat after you remove from oven as turkey breast is cooling. This will also help seal in the natural juices.

As an alternative to pan roasting, cooking bags work nicely with all turkey parts.

Enjoy and Happy Holidays from all the staff at: McLennan’s Island Meat & Seafood