

Turkey Meat 101

Cooking Temperatures: Turkey Parts

Cook breasts and thighs until the meat thermometer registers 170°F (77°C).

Cooking Temperature: Ground Turkey (including sausages)

Cook ground turkey to an end-point temperature of 165°F (74°C).

Storage Times

Processors' cooling and refrigeration methods vary, so consult the best-before date on-package to determine how long a fresh product can be safely stored in the refrigerator.

Storing Cooked Turkey:

Cooked turkey can be stored in a covered container, plastic bag or aluminum foil for up to 4 days in the refrigerator or up to 3 months in the freezer.

Note: after cooking, keep the turkey hot (above 140°F/60°C) or refrigerate below 40°F/4°C. Bacteria grow in the danger zone between 40°F/4°C and 140°F/60°C.

Why Use A Meat Thermometer?

Have you ever cut into a turkey in the oven to see if it has finished cooking? It's an inconvenience, especially if you have to do it several times.

Use a meat thermometer! It takes the guesswork out of cooking.

A meat thermometer can help you:

- Prevent food borne illness;
- Prevent overcooking; and
- Hold foods at a safe temperature.

A meat thermometer can be used for all foods, not just meat. It measures the internal temperature of your cooked poultry, or any casseroles, to assure that a safe temperature has been reached and that harmful bacteria have been killed.

Turkey Cuts Fat Claims

i) Lean "lean"	The food (a) is meat or poultry that has not been ground, marine or fresh water animals or a product of any of these; and (b) contains 10% or less fat.	See conditions set out for item a) of this table.	Table following B.01.513, item 46
j) Extra Lean "extra lean"	The food (a) is meat or poultry that has not been ground, marine or fresh water animals or a product of any of these; and (b) contains 7.5% or less fat.	See conditions set out for item a) of this table.	Table following B.01.513, item 47

Source: CFIA: Chapter 7 – Nutrient Content Claims (specifically Fat) http://www.inspection.gc.ca/english/fssa/labeti/guide/ch7ae.shtml#a7_16

Ground Meat Fat Claims

“Lean” means 17% or less fat in for ground meat

“Extra lean” means 10% or less for ground meat

Turkey Parts

Turkey is often cut into parts, packaged, and sold fresh or frozen. Turkey breasts, drumsticks, thighs, and wings can be sold this way. The breast section of a turkey is quite large and it is often cut into smaller cutlets that are thinly sliced.

Breast



Full Breast - Not Boned



Breast Half - Not Boned



Boneless Breast Half

Turkey breast is all white meat, very low in fat, and high in protein. It is available fresh or frozen and bone-in or boneless. Turkey breast can be purchased whole or split.

It is usually less expensive to purchase a whole, bone-in breast and perform the boning and cutting at home. A premium is charged for turkey pieces that have been boned and trimmed because of the extra labor involved.

The meat from the breast is one of the most nutritious meat sources available. It is low in calories, fat, cholesterol, and sodium. If the skin is removed, turkey breast is a good food source for people on low-fat and/or low sodium diets.

Tenderloin



Turkey breast can be divided into smaller cuts and packaged such as turkey steaks, slices, or tenderloin. A turkey tenderloin is a small section of the breast meat that is removed from the inside of the breast near the keel bone. They are boneless and skinless and usually weigh between 6 and 12 ounces. They are available fresh or frozen.

<p>Full Wing</p> 	<p>Turkey wings are all white meat and can be purchased whole or in sections.</p>
<p>Drummette</p> 	<p>The portion of the wing nearest to the body can be cut between the shoulder joint and the elbow joint. This section, known as the drummette, can be larger than a drumstick of a chicken depending on the size of the turkey.</p>
<p>Middle Wing</p> 	<p>The flat middle section of the wing between the elbow and the wing tip can be cut as one piece.</p>
<p>Wing Tip</p> 	<p>Wing tips, which do not contain much meat, may be packaged and sold for the purpose of adding flavor to soups and stocks.</p>
<p>Hind Quarter</p> 	<p>Marketed fresh or frozen, the hind quarter includes the drumstick, thigh, and part of the back. It consists entirely of dark meat and range in weight from 2 to 6 pounds.</p>

<p>Thigh</p> 	<p>The thigh is the upper part of the leg above the knee joint. Thighs are marketed as bone-in, with or without skin, or boneless, with or without skin. Bone-in thighs with skin are usually available in weights ranging from half a pound to 1½ pounds and contain all dark meat.</p>
<p>Drumstick</p> 	<p>The drumstick is the lower part of the leg below the knee joint. Bone-in drumsticks are usually available in weights ranging from half a pound to 1½ pounds.</p>
<p>Giblets</p>  <p>Neck and Giblets</p>	<p>Giblets consist of the liver, heart, and gizzard. When purchasing a whole turkey that has been commercially processed, the giblets (which are usually placed in a bag) and the neck are inserted inside the body cavity.</p>

Source: recipetips.com