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## Cooking your Turducken Premium Roast

**To defrost, you can simply thaw your Turducken Premium Roast in the refrigerator for 3 - 4 days or for rapid thawing place in sink or bucket with running cool water for 24 - 30 hours.**

### 1. Low Temperature Cooking - Conventional Oven (Most Popular Method)

Heat oven to 220°F. Many prefer to cover or wrap roast in foil, but this is not necessary. Place the roast on a rack and put it in an oven pan and set it in the centre of the oven and bake until internal temperature exceeds 165°F. Cooking time: **Internal temperature is the best indicator.** As long as it takes for the internal temperature to exceed 165°F is how long it takes for your turducken to cook. Approx 5 - 6.5 hrs.

*e.g. a 6.5 lb (3kg) Roast may take up to 6.5 hrs.*

Note: there's no need to baste, or cover with foil although many of our customers do prefer to have their roast covered in foil for the first 2 - 4 hours of cooking. If roast is not elevated on a rack, accumulated drippings may have to be removed from the pan every few hours so that the lower portion does not deep fry in the hot oil.

### 2. Slow Cooker - 'Crock Pot'

Set slow cooker to 'high'. Place your roast inside and close the lid. After 1.5 -2hrs change setting to 'low' and cook until internal temperature exceeds 165°F.

Cooking time: **Internal temperature is the best indicator.** As long as it takes for the internal temperature to exceed 165°F is how long it takes for your roast to cook. *e.g. a 6.5 lb (3kg) Roast may take up to 6.5 hrs.*

### 3. Barbeque - Outdoor Grill

Ensure propane tank is full. Light grill. For best results keep one burner switched to OFF. (Ex, on a two burner BBQ keep one side off; on a three burner BBQ keep the middle burner off.) Bring temperature inside grill up to a constant 220°F. Place foil wrapped roast directly above the burner that has been switched off so it is not over direct flame. Close lid and cook until internal temperature exceeds 165°F.

Cooking time: **Internal temperature is the best indicator.** As long as it takes for the internal temperature to exceed 165°F is how long it takes for your roast to cook. *e.g. a 6.5 lb (3kg) Roast may take up to 6.5 hrs.*

Note: Many BBQs are difficult to ensure a constant temperature. Check frequently for high flames and flare ups. Check internal temperature often.

### 4. High Temperature Cooking - Conventional Oven

Heat oven to 350°F. Place the roast on a rack and put it in an oven pan, or if you don't have a rack - cut up a couple of carrots, onions and celery, put in an oven pan, place your roast on top of the veggies, add some white wine and water in and set it in the centre of the oven and bake until internal temperature exceeds 165°F.

Cooking time: **Internal temperature is the best indicator.** As long as it takes for the internal temperature to exceed 165°F is how long it takes for your roast to cook.

*e.g. a 6.5 lb (3kg) Roast may take up to 6.5 hrs.*

Note: Using a high temperature we recommend checking the internal temperature often as well as basting the roast during its roasting time every ½ hour to keep it nice and moist. Use its own drippings mixed with water and white wine.

#### **IMPORTANT NOTES:**

Your Turducken Premium Roast is fragile when hot. This roast has no bone structure to hold its shape. Be sure to keep it on or in its cooking container. Remove the roast carefully from the oven/grill/slow cooker cover

immediately in foil and allow it to rest for at least 30 min before moving or serving. Meanwhile, you may want to make some gravy with some of the drippings. With strong spatulas inserted underneath (remember there are no bones to support the roast's structure), carefully transfer the roast to a serving platter or cutting board. Remove the netting by making a cut with scissors down the middle and then carefully peel back. You may wish to present it to your guests before/while carving. Be sure to make your slices crosswise so that each slice contains all three meats.