

How to Thaw a Frozen Turkey

Thawing in the Fridge

Allow 24 hours for every 4-5 lbs of bird.



Turkey Weight	Time to Defrost
6 - 12 lbs	1 - 3 days
12 - 16 lbs	3 - 4 days
16 - 20 lbs	4 - 5 days
20 - 24 lbs	5 - 6 days

Thawing in Cold Water

Submerge the wrapped turkey in cold water. Change water every 30 minutes! Cook immediately.



Turkey Weight	Time to Defrost
6 - 12 lbs	4 - 6 hours
12 - 16 lbs	6 - 8 hours
16 - 20 lbs	8 - 10 hours
20 - 24 lbs	10 - 12 hours

Safely thawing a frozen turkey is one of the most important steps in preparing a meal. There are two recommended methods, depending on the amount of time available. Refrigerator thawing is preferred. This method is the least labor intensive but requires more time. Cold water thawing takes less time but requires more attention. Regardless of which method you choose, you should never thaw a turkey at room temperature.



Turkey is done when the internal temperature is 165 °F

How to Roast a Turkey in the Oven

Set your oven to 325 °F and place unwrapped thawed turkey breast side up on a flat wire rack in a shallow roasting pan. Add ½ cup of water to the bottom of the pan. Loosely cover the turkey with a tent of aluminum foil and place in oven. After 1 - 1 ½ hours, remove the aluminum foil tent. Use the chart below to estimate cooking time:

Turkey Weight	Approximate Cooking Time Unstuffed	Approximate Cooking Time Stuffed
6 - 12 lbs	2 ¼ - 3 ¼ hours	2 ½ - 3 ½ hours
12 - 16 lbs	4 - 5 hours	4 ½ - 5 ½ hours
16 - 20 lbs	5 - 5 ½ hours	5 ½ - 6 hours
20 - 24 lbs	5 ½ - 6 hours	6 - 6 ½ hours