
BUTTERBALL[®]

***Dependably juicy
and tender...***



Microwave

Cooking Directions for Butterball® Turkey Products



BUTTERBALL TURKEY

To Thaw:

Thaw turkey in unopened bag on tray in refrigerator 1½ to 2 days. DO NOT THAW AT ROOM TEMPERATURE.

To Prepare:

1. Remove turkey from bag. If desired, free legs from tucked position. Do not cut band of skin.
2. Remove neck and giblets (and the gravy packet from Li'l Butterball only) from body and neck cavities. To Microwave Giblets: Place 3 cups water, ½ teaspoon salt, neck, gizzard and heart in 2-quart microwave-safe dish. Cover. Microwave at Medium (50% power) 35 minutes. Add liver, cover and microwave 10 minutes more. Cooked neck and giblets may be used in making gravy or stuffing.
3. Rinse turkey and drain well.
4. If desired, stuff neck and body cavities lightly. Cover exposed stuffing with plastic wrap.
5. Turn wings back to hold neck skin in place. If untucked, return legs to tucked position. No trussing is necessary.
6. Make Browning Sauce: Blend together ½ stick (¼ cup) melted butter, ¼ teaspoon paprika and ⅛ teaspoon browning and seasoning sauce. Stir well before each use.

To Cook:

1. Place thawed turkey (40°F), breast down, in microwave-safe dish. If turkey tips, level with microwave-safe item to cook evenly.
2. Brush back of turkey with 1 tablespoon Browning Sauce.
3. See Microwave Cook Schedules for cooking time. Use cook schedule closest to weight of turkey. (Weight equals net weight minus 8-ounce gravy packet).
4. Microwave at High (100% power) for Time 1. Rotate turkey ½ turn. Microwave for Time 2. Remove and discard drippings.

5. Turn turkey, breast up. If stuffed, remove plastic wrap. Brush with Browning Sauce. Level if turkey tips.
6. Microwave at Medium (50% power) for Times 3, 4 and 5. At end of each Time, rotate turkey ¼ turn, remove and discard drippings; brush turkey with Browning Sauce. If overbrowning occurs, shield with small pieces of foil.
7. After Time 5, check for doneness. A meat thermometer inserted deep into thickest part of thigh next to body, not touching bone, should be 180 to 185°F. The temperature deep in thickest part of breast, not touching bone, should be 170°F; in center of stuffing, 160 to 165°F. If **all** these temperatures have not been reached, cook for Time 6. Recheck temperatures; cook longer if necessary.
8. Cover cooked turkey with foil. Let stand 15 minutes for easier carving.

Microwave Cook Schedules for Stuffed or Unstuffed Turkey

Approximate Cooking Times in 625 to 700 Watt Microwave Ovens
WEIGHT*

TIMES	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.	9 lb.	10 lb.	11 lb.	12 lb.
Breast down at High (100% power)									
1	8 min.	10 min.	12 min.	14 min.	16 min.	18 min.	20 min.	22 min.	24 min.
2	8 min.	10 min.	12 min.	14 min.	16 min.	18 min.	20 min.	22 min.	24 min.
Breast up at Medium (50% power)									
3	8 min.	10 min.	12 min.	14 min.	16 min.	18 min.	20 min.	22 min.	24 min.
4	8 min.	10 min.	12 min.	14 min.	16 min.	18 min.	20 min.	22 min.	24 min.
5**	8 min.	10 min.	12 min.	14 min.	16 min.	18 min.	20 min.	22 min.	24 min.
6	8 min.	10 min.	12 min.	14 min.	16 min.	18 min.	20 min.	22 min.	24 min.
Total Cook Time	48 min.	1 hr.	1 hr.	1 hr.	1 hr.	1 hr.	2 hrs.	2 hrs.	2 hrs.
			12 min.	24 min.	36 min.	48 min.		12 min.	24 min.

*Weight equals net weight minus 8-ounce gravy packet.

**Check for doneness after Time 5.



BUTTERBALL BREAST OF TURKEY

To Thaw and Prepare:

1. Thaw turkey in refrigerator or cold water. When ready to cook, remove wrapper.
2. Make Browning Sauce: Blend together ½ stick (¼ cup) melted butter, ¼ teaspoon paprika and ⅛ teaspoon browning and seasoning sauce. Stir well before each use.

To Cook:

1. Place thawed turkey (40°F), skin side down, in microwave-safe dish. Brush sides of turkey with Browning Sauce.
2. Cook for 14 to 16 minutes per pound (net weight minus 8-ounce gravy packet, if present). Divide total time into three equal intervals.
3. Microwave at High (100% power) for first interval. Remove and discard drippings. Place turkey on side. Brush with Browning Sauce.
4. Microwave at Medium (50% power) for second interval. Remove and discard drippings. Place turkey on other side. Brush with Browning Sauce.
5. Microwave at Medium (50% power) for third interval.
6. At end of cook, microwave meat thermometer inserted deep into thickest part of breast, not touching bone, should be 170°F. Cook longer if necessary.
7. Cover cooked turkey with foil. Let stand 15 minutes for easier carving.



BUTTERBALL BONELESS TURKEY or BONELESS BREAST OF TURKEY

To Thaw and Prepare:

Thaw in refrigerator or cold water. When ready to cook, remove outer netting and wrapper. Leave string netting on roast.

To Cook:

1. Place thawed turkey (40°F) on rack in microwave-safe dish. For Boneless Turkey, place dark meat up.
2. Microwave at Medium-Low (30% power) for 24 to 26 minutes per pound (net weight). Divide total cooking time into four equal intervals. After each interval, rotate turkey ¼ turn, remove and discard drippings. After second interval, turn turkey over.
3. At end of cook, microwave meat thermometer inserted into center of roast should read 170°F for Boneless Breast and 175°F for Boneless Turkey.
4. Wrap cooked turkey in foil. Let stand 10 to 15 minutes before removing netting and slicing turkey.

NOTE: These methods were developed using 625 to 700 watt microwave ovens. Since ovens vary, it may be necessary to adjust times.

Thank You for Buying Butterball.

Here are the microwave directions you requested for Butterball turkey products. These directions were developed and tested by home economists in the Swift-Eckrich Test Kitchens.

Cooking turkey in the microwave oven takes less time but requires more attention than other cooking methods. These methods were developed to ensure an even cook, safe final temperatures and tender, juicy turkey.

After all, it's Butterball...

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