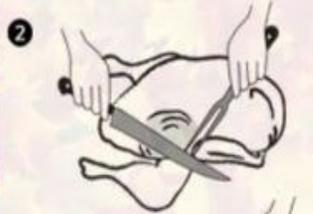


How To Carve a Turkey



1. Select a sharp slicing/carving knife or an electric knife. Set cooked turkey, breast side up, on carving board or platter. Place the knife where the thighbone and the body of the turkey meet.



2. While firmly holding the drumstick pull it away from the body and cut through the skin and joint between the leg and the body - you may need to use your hand to pop the leg out of the socket. Cut through the joint and pull the leg away from the body.



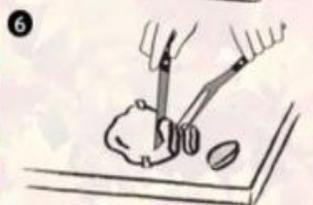
3. Lay the leg with the flat side on the board. Cut at the joint between the drumstick bone and thigh bone. Repeat on other side.



4. Place the knife where the wing and the body of the turkey meet. Cut through the joint and pull the wing away from the body.



5. Cutting parallel to the breast, carve thin slices of meat. Repeat on other side.



6. Holding the thigh firmly on cutting board cut meat parallel to bone. Repeat with other thigh. Serve and eat!

TURKEY GRAVY RECIPE

(6 servings, about $\frac{1}{4}$ cup each)

1 tbsp. butter or margarine

3 tbsp. flour

$\frac{1}{4}$ tsp. salt

1 $\frac{1}{2}$ cup turkey broth.

Melt butter over low heat. Mix in flour and salt. Heat and stir until bubbly. Add broth slowly, stirring constantly. Cook over low heat for at least 13 minutes stirring constantly.

GIBLET GRAVY

Add $\frac{1}{2}$ cup of chopped, cooked giblets to turkey gravy. Heat for a few minutes to

Don't Forget Our Yummy Side Dishes and Desserts!

Made From Scratch

From Our Kitchen

Turkey Gravy
Butternut Squash Soup
Cranberry Relish
Cranberry Sauce
Herb Stuffing
Sausage Apple Stuffing

Quiche

Broccoli, Lorraine,
Mozzarella & Tomato &
Spinach
Spinach Artichoke Dip
Pumpkin Dip

From Our Bakery

Pies

Apple	Crostata
Dutch Crumb	Fall Harvest
Swedish Apple	Pecan
Cranberry Apple	Pumpkin
Splenda Apple	Pumpkin Walnut

Breads, Muffins, Cheesecakes, Assorted Cakes,
Danish & More!



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Turkey & Poultry

**Information, Preparation
& Cooking Instructions**

*Where everything homegrown
is raised with love,
picked or cooked daily, & served fresh.*

Abma's pride themselves on providing fresh all natural poultry for over 50 years. Our fresh-killed turkey's are raised for us on a family owned farm using the same farming practices we believe in. Our birds are not harvested until they've been properly fed with corn and other grains to reach a proper fat content. We are convinced that the extra time we take for this purpose pays rich dividends in flavor and moisture, even though it is more costly to produce and sell. The flavor is unbeatable.

- All Natural
- No Hormone Or Antibiotics
- Fed All Corn & Grain Diet
- Free Range
- Humanely Raised & Butchered
- Fresh, Never Frozen

~ Completely cleaned and washed in fresh water, kept in a cooler at approximately 27 to 32 degrees to ensure & maintain freshness ~

Because we keep our turkeys at this temperature, some ice crystals may be found in the bird when you take it home. **DO NOT THINK THAT IT HAS BEEN FROZEN! IT HAS NOT!** It helps maintain its superior quality. Keep the turkey in a very cold place, in its original wrapper until ready to prepare. **ENJOY and THANK YOU!**



Preparing Our Turkey for the Oven

- Remove Plastic Bag. Remove neck and giblets from cavities. Rinse turkey and cover with a moist towel and return to refrigerator. Cook neck and giblets for broth to flavor dressing & to prepare giblet gravy with.
- Follow your favorite dressing recipe if you wish to stuff the turkey or bake stuffing in a casserole. Because stuffing expands during roasting, turkey body and neck cavity should be stuffed loosely (approximately $\frac{1}{2}$ cup stuffing per pound—oven ready weight). If not stuffed, rub salt generously in cavities, and, if desired, insert pieces of celery, carrots, onion, and/or parsley for added flavor. Neck skin should be skewered to back and wings twisted back. Fasten down legs by tying or tucking under skin band. Stuff turkey just before cooking.

Roasting An Abma Turkey

- Preheat oven to 325 degrees
- Place turkey, breast up, on foil lined rack in shallow roasting pan.
If a roast-meat thermometer is used, insert into the thick part of the thigh. (BULB MUST NOT TOUCH THE BONE).
- Cover the bird tightly with tin foil to delay browning. The last hour the foil can be removed to allow a final browning.
- Baste the Turkey regularly with melted butter or with drippings from the pan.
- Once fully cooked, remove the turkey from the oven, cover loosely with foil, and let sit for at least 20 minutes before carving.

Recommended Roasting Times

Unstuffed:

10-15 minutes per pound at 325 degree oven

Stuffed:

Add approximately 30 minutes to total roasting time

*intermittently check the turkey for doneness due to variations of oven temperature

How to tell your Turkey is Finished

A. Roast-meat thermometer inserted in thigh registers 172-174 degrees

B. Cut between the breast and thigh. The thigh should move away from the breast easily. Check the color of the meat. It should not be pink. The meat should come off easily & be tender. This area tends to take the longest to fully cook through.

Other Fresh Turkey & Poultry Items

Turkey Breast	Turkey Necks
Boneless Breast	Liver & Gizzards
Cornish Hen	Wings
Capon	Legs
Duck	Drumsticks
Goose	Thighs