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GREEN SMART LINKS

Turkey Thawing Hints from the National Turkey Federation

Turkeys can be thawed using one of two methods, but the easiest is in the refrigerator. Plan ahead and allow approximately 24 hours for every four to five pounds of bird weight for thawing in the refrigerator. **This is the recommended method** as it is the safest and will result in the best finished product. Place the bird, in the original wrapping, on a shallow baking sheet in the refrigerator. This chart provides good guidelines for thawing times.

Refrigerator Turkey Thawing Time (40 degrees F)

Turkey Weight	Days to Allow for Thawing Turkey
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8 to 12 pounds	2 to 2.5 days
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12 to 16 pounds	2.5 to 4 days
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16 to 20 pounds	4 to 5 days
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20 to 24 pounds	5 to 6 days
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If you need to thaw the turkey more quickly, you may thaw the bird in COLD water, in the original wrapping. **The cold water must be changed every 30 minutes.** Allow approximately 30 minutes per pound using this method.

COLD Water Turkey Thawing Time

Turkey Weight	Hours to Allow for Thawing Turkey
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8 to 12 pounds	4 to 6 hours
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12 to 16 pounds	6 to 8 hours
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16 to 20 pounds	8 to 10 hours
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20 to 24 pounds	10 to 12 hours
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