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LOW TEMPERATURE ROAST TURKEY

Roasting turkey pieces at a low temperature and finishing the cooking with a blast of high heat is a simple method for cooking turkey that yields great results. This is the perfect solution for people who don't want to deal with cooking a large turkey or are only feeding a small number of people.

Low temperature roasting is not to be confused with braising. This method is only for lean tender cuts of meat. You can use a temperature between the range of 160 - 200°F and a finishing temperature of 400 - 425°F for a crisp golden brown finish.

The turkey can be cooked in a combi steam oven using a combination of low humidity and the noted temperature range or in a convection oven using the Convection Mode and the noted temperature range.

Allow approximately 40 - 60 minutes for the initial cooking and 12 minutes for the final browning. The final cooking can also be done in the oven or on the outdoor grill.

Some things to consider when cooking turkey in this method:

If you want to serve gravy with



your turkey, I suggest purchasing some extra turkey legs to make stock and use the juices from the pan for extra flavor. Because the turkey is cooking at such a low

temperature oven side dishes cannot be cooked at the same time so planning is key.

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Recipe

2 bone in skin on turkey thighs
2 turkey drumsticks
1 bone-in turkey breast
¼ cup vegetable oil
1 tbsp Kosher salt
½ tsp freshly ground black pepper
1 tbsp preferred seasoning (some good options, mixed Italian Seasoning or Old Bay seasoning or your preferred BBQ seasoning)
Pat the turkey pieces dry with a paper towel and coat with the oil.

Mix the seasonings in a small container and rub into the turkey pieces, cover and refrigerate overnight or a day or two in advance of cooking.

Directions

Heat the oven to 200°F, place the turkey pieces on a shallow rimmed baking sheet. If your oven has a meat probe slide the needle into the thickest part of the breast or thigh, taking care not to touch bone or let the tip of the needle touch the pan. Place the tray in the oven and program the probe to reach an internal temperature of 160°F.

If your oven doesn't have a meat probe, set the timer for 40 minutes and test the turkey in the thickest part of the breast or thigh with an instant read thermometer. Once the internal temperature has reached 160°F continue to the next step.

When the desired internal temperature has been reached, remove the pan from the oven and disconnect the meat probe. Pour off any accumulated juices to use for stock or to add to gravy and increase the oven temperature to 400 °F. When the oven reaches temperature return the tray to the oven and set the timer for 12 minutes.

The pieces should be golden brown and perfectly cooked at this time but additional time can be added if needed.