

MYLAR® COOK

Turkey

Half Bone-In Turkey Breast

1. Use bone-in, skin-on, minimally processed turkey breast
2. Inject with marinade (optional, but recommended) and topically season
3. Place skin side up in formed pocket
4. Pack with 5-10 mm of headspace and pull full vacuum, but monitor for punctures from bone
5. Bake from fresh/thawed at 375°F in a convection oven or 400°F in a home oven to an internal temperature of 165°F



Boneless, Skin-on Turkey Breast

1. Use boneless, skin-on, minimally processed turkey breast
2. Inject with marinade (optional, but recommended) and topically season
3. Place skin side up in formed pocket
4. Pack with 5-10 mm of headspace and pull a full vacuum
5. Bake from fresh/thawed at 375°F in a convection oven or 400°F in a home oven to an internal temperature of 165°F



Boneless Skinless Turkey Breast

1. Use boneless, skinless, minimally processed turkey breast
2. Inject with marinade and/or vacuum tumble
3. Topically season
4. Pack with 5-10 mm of headspace and pull a full vacuum
5. Bake from fresh/thawed at 375°F in a convection oven or 400°F in a home oven to an internal temperature of 165°F



Turkey Meatloaf

1. Use fresh ground turkey (dark and/or white meat)
2. Prepare meatloaf as desired by adding seasoning, eggs, breadcrumbs, grated cheese, blanched diced onions, etc.
3. Pack with 5-10 mm of headspace and pull a full vacuum
4. Bake from fresh/thawed at 375°F in a convection oven with reduced fan or home oven to an internal temperature of 165°F



Cooking Guidelines: Fresh/Thawed Turkey

- **Electric Home Oven**
 - 375°F – minimally processed white meat cuts and meatloaf
 - 400 - 425°F – highly pumped and/or dark meat cuts
- **Convection Oven**
 - 350 - 375°F – minimally processed white meat cuts and meatloaf
 - 375 - 425°F – highly pumped and/or dark meat cuts
- We do not recommend cooking raw turkey in the microwave
- If using a clam shell grill (such as George Foreman grills), be sure grill does not exceed 425°F
- **USDA recommends a minimum safe internal temperature (IT) of 165°F for turkey**

MYLAR® COOK Notes

- Allow packaged product a minimum of 24 hours before cooking to maximize the flavor
- Measure internal temperature and follow USDA's recommended safe minimum internal temperature guidelines
- Allow products to rest after they are removed from the oven

USDA Recommended - Safe Minimum Internal Temperatures for Cooking

- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F
- Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F
- Cook all poultry (whole or ground) to an internal temperature of 165°F
- Cook raw intact fish and shellfish to 145°F or above for 15 seconds
- Cook items such as crab cakes or stuffed fish to 165°F

Disclaimer

- The information provided herein is offered as a possible helpful suggestion in experimentation you may care to undertake along these lines. It is subject to revision as additional knowledge and experience is gained. DuPont Teijin Films makes no guarantee of results and assumes no obligation or liability whatsoever in connection with this information.
- Note: the cooking instructions provided herein are based off electric home ovens and combi-convection ovens, oven temperatures and performance may vary.
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