



metropolitanmarket®

How To Defrost Your Turkey

Turkey still frozen? Don't panic! We asked our experts to weigh in on the best way to quickly and safely thaw those birds:

The Standard Refrigerator Method

Move your frozen turkey from the freezer to the fridge in the days leading up to Thanksgiving. The USDA recommends giving your turkey one day to thaw for every 4-5 pounds. For example, if you have a ten pound turkey, give it two full days to thaw. Once it's thawed, your turkey is safe for another two days.

The Cold Water Method

Leave the turkey in its original sealed wrapping. Submerge the bird in a sink, or another large container, full of cold water (the water should always remain below 40°F). Change the water every half hour. Allow 30 minutes of defrosting time per pound. For example, if you have a ten pound turkey, it will take about five hours to thaw. Once the bird has defrosted, cook it immediately.

For safe consumption, make sure the internal temperature of your turkey reaches 165°F.

