



Tuesday is

**PRICES
DAY**



HOW TO COOK A PERFECTLY MOIST AND JUICY TURKEY

Start by soaking the turkey in salt water overnight in the fridge. Generally, this is done using a brining bag. You can also add a few flavours to the brine. Once the turkey is drained of the brine, generously rub soft butter under the skin. Herbs and spices can be added to the butter for extra deliciousness. Place the turkey upside-down in the oven tray. Placing the turkey, breast side down, on a roasting rack for the first hour or so of roasting essentially allows it to baste itself. Any marks left by the rack will disappear once the turkey is flipped over and the roasting is finished. Make sure the temperature and timing in the oven are right. We recommend using a meat thermometer to check. Aim for 170°F in the thickest part of the flesh (thigh). The final step is to let the turkey rest before carving. The intense heat of the oven forces the juices into the centre of the bird, so after roasting, let the turkey rest for roughly 20 minutes so the juices can redistribute throughout the meat (cristelusa).

Supermarket	Item	Price per lb
Chase Supermarket	Sadia Turkey	\$6.40
Chase Supermarket	Butter Ball Turkey	\$8.10
Epicurean Supermarket	Jennie-O Turkey	\$9.89
Gourmet Basket	Butter Ball Turkey	\$10.23
First Choice Supermarket	Butter Ball Turkey	\$10.95
Billy's Food Mart	Butter Ball Turkey	\$11.15
Epicurean Supermarket	Butter Ball Turkey	\$13.50

**For more information on price control goods contact
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