Video offers tips for defrosting turkeys

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Fairbanks, Alaska—With Thanksgiving on the horizon, the University of Alaska Fairbanks Cooperative Extension Service has released a four-minute YouTube video to demonstrate methods for even procrastinating cooks to safely defrost a turkey.

Roxie Dinstel, a Fairbanks Extension agent, advises cooks to keep the turkey out of the “temperature danger zone,” of 40 to 140 degrees, by either thawing it in the refrigerator or by other recommended methods. These include thawing it under cool, running water or in the microwave. Dinstel also talks about the fourth alternative, cooking the bird frozen, which doubles the cooking time. See details about defrosting turkeys in the video linked from www.uaf.edu/ces.

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ON THE WEB: www.uaf.edu/ces

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