Chef Manny: Let’s talk turkey safety

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Featured topic and speaker

Thanksgiving turkey should bring family together, not send someone home sick.

Chef Manny (?@ChefMannyFD?) shares simple turkey safety tips to help prevent food poisoning and keep your holiday meal safe for everyone at the table. Learn how to:

- Thaw your turkey safely
- Avoid spreading bacteria in the kitchen
- Cook turkey to the correct internal temperature
- Reduce your risk of foodborne illness

Raw turkey can carry harmful bacteria such as Salmonella, but a few simple food safety steps can help protect your family and guests this holiday season.

Remember: Keep it clean, cook it to 165°F, and refrigerate leftovers within two hours.

Find out what else doctors want patients to know about food poisoning.

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Speaker

- **Chef Manny**, Orlando Fire Department Assistant Chief of EMS and nationally known television chef

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Transcript

Chef Manny: I'm Chef Manny, and it's holiday season, so we know you're going to be cooking. And today we're talking about this beautiful turkey. But this beautiful turkey could leave you spending the holiday in the bathroom instead of around the dinner table. And a few common mistakes in the kitchen could be to blame. So, let's talk turkey safety.

First, never thaw a turkey on a counter. Thaw in the refrigerator. Remember, for every four to five pounds is a day. Don't rinse your raw turkey. Washing it can splash harmful bacteria like salmonella all over your sink, countertops and other foods. Make sure you wash your hands. And everything that turkey touches, make sure you clean that too.

Next, we want to make sure our turkey is cooked all the way through. The magic number--165 degrees. Make sure you use a meat thermometer—bop—into the thickest part of the meat. Hey! And also too, make sure you clean it. You don't want to cross-contamination anything.

And here's another one—don't let your cooked turkey sit out all afternoon. Bacteria can multiply quickly at room temperature. Remember to refrigerate your leftovers within two hours of serving. Leftovers have a shelf life. Don't be keeping your turkey for five days. It should be eaten within three to four days.

And remember, keep it clean. Cook your burger to 165. And let's put those leftovers away. Only thing you want your turkey to give you is a full stomach. That's it.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health, please consult your doctor.

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