

# Betty's Christmas Roast Turkey Breast Recipe



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In this video, Betty demonstrates how to make a Christmas Roast Turkey Breast. This is an 8-pound frozen turkey breast, thawed in the refrigerator for 3 ½ days, prepared with butter and salt, and then roasted in a roasting pan, covered with aluminum foil, in the oven for 4 hours at 325 degrees. During the last hour of roasting, the turkey breast is basted with its own juice occasionally. During the last half hour of roasting, the turkey breast is transferred to a pan that allows the turkey breast to be upright, to brown off the turkey breast. The turkey breast is done when a meat thermometer, inserted into the deepest part, reads 170 to 180 degrees. If you follow the instructions in this video, you will come out with a golden brown turkey breast with lots of delicious roast white meat turkey and turkey stock for gravy for a Christmas meal! Let the cooked turkey breast rest for 15 to 20 minutes before carving. You can see Betty's Husband, Rick, Carving the Thanksgiving Turkey for information about carving the turkey breast. I will be making and uploading fat-free cream-style gravy from the turkey stock. Happy Holidays from me and my family!!!

--Betty ☐