

Turkey Roasting 101

By: *Sydney Carter*

The secret ingredient is your time--and lots of it.

Follow these simple tips to produce your most succulent bird yet!

Roasting To prepare the turkey for roasting, first remove the giblets! Not only is it disconcerting to find these paper-wrapped lumps when carving the bird, but you may also wish to use the giblets in your gravy or stuffing. Next, rinse the bird inside and out. Pat dry with paper towels. If you are stuffing the bird, stuff it loosely, allowing about ½ to ¾ cup stuffing per pound of turkey. Brush the skin with melted butter or oil. Tie drumsticks together with string. Lastly, insert a meat thermometer into the thickest part of the thigh. The thermometer should point towards the body, and should not touch the bone.

- Place the bird on a rack in a roasting pan, and into a preheated 350 degree F (175 degrees C) oven. Use the following chart to estimate the time required for baking.
- Bake until the skin is a light golden color, and then cover loosely with a foil tent. During the last 45 minutes of baking, remove the foil tent to brown the skin. Basting is not necessary, but helps promote even browning.

Weight of Bird	Roasting Time (Unstuffed)	Roasting Time (Stuffed)
10-18 lbs	3-3.5 hours	3.75-4.5 hours
15-22 lbs	3.5-4 hours	4.5-5 hours
22-24 lbs	4-4.5 hours	5-5.5 hours
24-29 lbs	4.5-5 hours	5.5-6.25 hours

Ready to Eat

The only reliable test for doneness is the temperature of the meat, not the color of the skin. The turkey is done when the thigh meat reaches an internal temperature of 165 degrees F. If your turkey has been stuffed, it is important to check the temperature of the dressing. The stuffing should be 165 degrees F as well. When the turkey is done, remove from the oven and allow to stand for 20 minutes. This resting time allows the juices to redistribute throughout the meat.

For more Turkey Roasting Tips www.allrecipes.com/HowTo/Turkey-Roasting-101

All Information from www.Allrecipes.com



Brining Turkey

By: Frances Crouter

Brining is the secret to a juicy, flavorful holiday turkey.

Brine is a mixture of water and salt; some recipes contain aromatic spices and sugar as well.

Why Brine?

Salt changes the structure of the muscle tissues in the meat, allowing it to swell and absorb water and flavorings. It also breaks down the proteins, resulting in a tender-seeming turkey. This means that--despite the moisture loss during roasting and the long cooking time--the end result is a juicier bird.

How to Brine

The main logistical problem with brining is that you need a container that's large enough to submerge your turkey in the brine, but will fit in your refrigerator. Furthermore, from a food safety standpoint, it should be stored on the lowest shelf of the refrigerator so that any spills won't contaminate food below. You may use a stock pot, a bucket, or a roasting pan; if you use a shallow roasting pan, you will need to turn the bird periodically so that each side rests in the brine. The basic ratio for turkey brine is two cups of kosher salt to two gallons of water. Some recipes include sweeteners or acidic ingredients to balance the saltiness. A food grade bucket or cooler with filled with ice packs also works.

- Dissolve salt (and sugar, if using) in two cups of hot water. Stir in remaining gallon plus 3 ½ quarts of cold water.

Remove giblets and neck from turkey. Immerse turkey in brine and refrigerate for at least eight hours but no longer than 24 hours.

Cooking the Turkey

When you're ready to roast, pour off the brine. Rinse the turkey well with cool tap water, and pat dry with paper towels. Tuck the wing tips behind the back and place the bird, breast-side up, on a roasting rack. Proceed with your preferred recipe, but remember that the turkey has already absorbed a significant amount of salt--any drippings that you use for gravy will already be salty, and no salt should be added to compound butters or spice rubs.

For more brining information see www.allrecipes.com/HowTo/Brining-Turkey

Information from www.Allrecipes.com