



IN THE KITCHEN

Crispy Juicy Deep-Fried Turkey

(NAPSA)—Want delicious, juicy turkey but don't want to spend all day in the kitchen? Deep-fry your turkey the authentic way...in 100 percent peanut oil!

In half the time it takes to roast turkey in the oven, you can have moist and crispy turkey when you deep-fry in peanut oil. This Southern delicacy is gaining popularity across the United States and is being enjoyed year-round at holidays, tailgates and barbecues.

Peanut oil is one of the world's traditional deep-frying oils because it can reach such a high temperature—which keeps the outside of the food crispy and the inside very moist. Frying turkey in peanut oil seals in all the turkey's natural flavors and juices. Peanut oil has a pleasing nutty flavor and can safely be reused three or four times before it needs to be replaced.

Peanut oil is also trans fat-free, cholesterol-free, low in saturated fats and high in good unsaturated fats. Research shows that peanut oil is as heart healthy as olive oil but is better for cooking at very high temperatures.

It is also fun to try basting your fried turkey with different flavors such as Cajun, barbecue, chorizo, or Hawaiian or apple brine.

Start your own turkey frying tradition with this tasty recipe:

Crispy and Juicy Deep-Fried Turkey

Ingredients

- 1 whole turkey
- 1 tablespoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of garlic powder
- 2 tablespoons of your favorite dry rub



Deep-frying a turkey in peanut oil makes for a crispy outside and juicy inside.

3 to 4 gallons of 100% peanut oil (just enough to cover the turkey)

Directions:

1. Wash bird inside and out and allow it to drain.
2. Rub turkey with the salt, pepper, garlic and dry rub.
3. Allow turkey to sit at room temperature for 1 hour or until completely thawed and dry.
4. Preheat peanut oil in an outdoor or countertop turkey fryer to 350° F.
5. Make sure there is no moisture on the skin and carefully lower turkey into hot oil either in a fryer basket or using a sturdy tool inserted into the chest cavity. Submerge the turkey completely.
6. Fry turkey for 3 minutes per pound plus 5 minutes per bird. Internal temperature should reach 165° F.
7. Remove turkey from the oil and let sit 20 minutes before serving.

To view recipes from celebrity chefs, instructional videos and nutritional information on deep-frying in peanut oil, visit www.turkeyfrying.net.