

Talking Turkey



Crispy-Juicy Fried Turkey

(NAPSA)—Peanut oil could be your secret to a crisp and juicy turkey this holiday season.

Consider this: While turkey is the favorite holiday meal for most Americans, traditional roasting methods take hours and can result in a dry, tasteless bird. Frying your turkey in peanut oil, however, takes just minutes and results in crisp skin and moist, tender meat, and lets you spend more time with your family.

One reason is that peanut oil has such a delicious nutty flavor; it can get you a flavorful turkey every time. You can even reuse peanut oil three or four times to add great taste to all your side dishes, because it doesn't absorb flavors from food that it's fried in. Refined peanut oil is also the preferred oil for turkey frying thanks to its high smoke point, which lets foods cook quickly without absorbing much of the fat and calories from the oil.

In addition to producing a flavorful turkey, peanut oil is loaded with nutrition. It's trans fat-free, cholesterol-free and low in saturated fat. It contains high amounts of monounsaturated fat, vitamin E and phytosterols, all of which can help decrease the risk of heart disease. Also, the FDA says refined peanut oil is completely allergen-free.

Meanwhile, by frying your turkey, you'll free up valuable oven space for the rest of your holiday feast.

Crispy-Juicy Fried Turkey

Makes 4 servings

- 1 whole turkey**
- 1 tablespoon of salt**
- 1 teaspoon of black pepper**
- 1 teaspoon of garlic powder**



For a tasty turkey, try frying it in peanut oil.

- 2 tablespoons of your favorite dry rub**
- 3 to 4 gallons of 100 percent peanut oil (enough to cover the turkey)**

Directions:

Wash bird inside and out and allow it to drain. Rub turkey with the salt, pepper, garlic and dry rub. Allow turkey to sit at room temperature for 1 hour or until completely thawed and dry. Preheat peanut oil in an outdoor or countertop turkey fryer to 350°F. 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. Fry turkey for 3 minutes per pound plus 5 minutes per bird. Internal temperature should reach 165°F. Remove turkey from the oil and let sit 20 minutes before serving.

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