

# Talking Turkey



## Today's Turkey Trend: Deep-Fried And Delicious

(NAPSA)—Want to impress your friends and family with a juicy and deliciously tender turkey this holiday season? Deep-frying your turkey will do just that!

Authentic turkey deep-frying starts with 100 percent peanut oil. With a high smoke point and a pleasing flavor, 100 percent peanut oil seals the juices inside the crispy, golden skin, which keeps the meat especially tender. In addition to great taste, peanut oil is trans fat-free and research shows that peanut oil can actually improve cholesterol levels. It also helps prevent chronic diseases such as diabetes and heart disease. In terms of fat and calorie content, deep-fried turkey is very similar to a roasted turkey.

You may care to try this recipe during the holidays, at a tailgate party or any family gathering:

### Crispy and Juicy Deep-Fried Turkey

- 1 whole turkey
- 1 tablespoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of garlic powder
- 2 tablespoons of your favorite dry rub
- 3 to 5 gallons of 100 percent peanut oil (just enough to cover the turkey)

#### Directions:

Wash bird inside and out and allow to drain. Rub turkey with the salt, pepper, garlic and dry rub. Allow to sit at room temperature for 1 hour or until completely thawed and dry. Preheat peanut oil outdoors in a turkey fryer or a very large stockpot to 350° F. Make sure



**Peanut oil makes deep-fried turkey crisp on the outside and tender on the inside.**

**there is no moisture on the skin and carefully lower turkey into hot oil either in the 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. Let sit 20 minutes before serving.**

**Makes 4 servings**

Frying your turkey in peanut oil cuts cooking time in half, leaving you free for other things. After frying, you can reuse your 100 percent peanut fry oil to deep-fry the side dishes such as sweet potato fries, hush puppies or fried vegetables. Note that deep-frying should always be done outdoors unless you have a fryer certified for indoor use.

#### Learn More

For more information, including other recipes and tips, go to [www.turkeyfrying.net](http://www.turkeyfrying.net) or [www.peanut-institute.org](http://www.peanut-institute.org).