

# Talking Turkey

## How To Make Cajun Fried Turkey

(NAPSA)—Frying turkeys is gaining in popularity. According to the National Turkey Federation, only one percent of U.S. consumers fried turkeys in 2000. By 2001, that number jumped to 14 percent.

“Deep frying a whole turkey is a Cajun tradition that creates incredibly succulent, flavorful meat, wonderfully crispy skin and no greasy taste,” says LouAna® Chef Patrick Mould. “It can take less than an hour to cook an entire turkey, so it’s great for general outdoor cooking, tailgate parties, Thanksgiving or any holiday!”

Here’s what you need for a successful Cajun fried turkey cookout:

- Ten- to 12-pound turkey.
- One 26- to 30-quart turkey frying kit.
- Filled propane tank.
- Paper bags and paper towels.
- Three gallons of LouAna® 100% Pure Peanut Oil.
- LouAna® Cajun Marinade & Injector.

### Safety First!

- Pick out a level spot in your yard to fry the turkey. Never fry indoors, near flammable materials or on a wooden deck. Avoid cement, since spilled oil can stain it.
- Keep children and pets away from the hot oil.
- Never leave the turkey fryer unattended.
- For best results, cook the turkey in peanut oil at a constant 350°F using a deep-fat fry thermometer to check the temperature. Peanut oil will begin to smoke at 425°F. If the oil begins to smoke, reduce heat immediately.
- Make sure you use a fresh or fully thawed turkey. Never lower a frozen or partially thawed



**LouAna® Chef Patrick Mould fries a turkey in peanut oil.**

turkey in hot oil because it might boil over.

- Wear thick gloves or oven mitts.
- Keep a fire extinguisher nearby, as you would with any type of outdoor cooking.

### Why Peanut Oil?

Many Cajun chefs recommend peanut oil for frying turkeys. “LouAna® Peanut Oil offers the best flavor for fried turkey, and it doesn’t deteriorate as quickly as other oils,” says Chef Mould. “That allows you to get multiple uses out of each batch, saving you money.” He adds, “Peanut oil also sears the outside of the turkey quickly. That seals in the flavor of the marinade.”

### Injecting Marinade

Be sure to thaw the turkey according to package instructions and remove the giblets and neck from the interior of the turkey. Place the turkey in a pan. Following the directions, load LouAna® Fat Free Cajun Marinade into the

accompanying meat injector. Inject the marinade into the turkey breast, thighs and legs. You should inject one ounce of marinade for every pound of turkey.

### Frying The Turkey

- Right before you’re ready to fry, use paper towels to pat the turkey dry inside and out.
- Pour three gallons of LouAna® Peanut Oil into the pot. Now place the pot on the propane cooker and heat the oil to 350°F. Check the oil temperature using a deep-fat fryer thermometer.
- Place the turkey in the basket, breast side up. Lower turkey into hot oil very slowly and carefully. The oil will froth and bubble as it goes in. Be careful the oil doesn’t spill over.
- Keep the oil at 350°F. Allow the turkey to cook four minutes per pound. While waiting, flatten some paper bags or paper towels on a platter.
- After the turkey has cooked, shut off the gas from the fryer. Lift the fryer basket from the oil while wearing thick gloves or oven mitts. Allow the oil to drain from the bird while holding the basket over the pot.

• Move the basket to a nearby area that has been lined with paper bags in order to avoid dripping oil. Insert a meat thermometer into the thickest part of the breast and thigh. It should register at least 180°F.

- Place the turkey on its back on the platter lined with paper bags or towels. This will absorb any oil.

You should let the fried turkey sit for 10 minutes to maintain moisture. Then carve, serve and enjoy! For more information on turkey frying call 1-800-723-3652 or visit [www.louana.com](http://www.louana.com).