

Cooking Corner

Fall In Love With Fried Turkey

(NAPSA)—Home chefs everywhere are trying a new twist on an old favorite: deep-fried turkey. Mouthwateringly moist, deep-fried turkey will keep guests raving long after the last bite. 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 deliciously tender. In addition to great taste, research shows that peanut oil is as heart healthy as olive oil and can actually improve cholesterol levels. This method cuts cooking time in half, leaving your kitchen (and your evening) open for other things. Note that deep-frying should always be done outdoors, never indoors, under a covered patio or in the garage.

Try this recipe during the holidays, at a tailgate party or for your next family gathering:

Heavenly and Healthy 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
- 3-5 gallons 100 percent peanut oil (just 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



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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 degrees F. Make sure 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 degrees. Remove turkey from the oil. Let sit 20 minutes before serving.

Makes 4 servings.

For more-detailed information, go to www.peanut-institute.org or call (888) 8PEANUT.

Peanut Oil Tip: Reuse your 100 percent peanut fry oil to deep-fry the side dishes! Try sweet potato fries, hush puppies or fried vegetables.

