Season The Holidays Perfectly With A Barbecued Turkey

(NAPSA)—Looking to really impress your guests this holiday season? One surefire way to get everyone at the table is by serving turkey straight off the outdoor barbecue.

“Many years ago, I converted from ordinary oven-roasted turkeys to lightly smoked birds with much more succulence,” said Chef James Purviance, author of “Weber’s Charcoal Grilling: The Art of Cooking with live fire.” Fol- low these from Chef Purviance for an uncom- monly delicious tradition that solves the old problem of the white meat turning dry before the dark is done.

The Day Before
Once the turkey has thawed, remove the wing tips at the joint. Also remove and reserve the neck and giblets from both ends of the turkey. Use these parts for gravy.

Start With A Soak
According to Purviance, “Brin- ing a turkey before barbecuing helps the meat stay moist and delicious throughout.” A brine is essentially a salt and water solu- tion. He likes to add apple juice and herbs for better flavors, which are slowly absorbed in the lean meat of a turkey before cooking, protecting it from overcooking.

Arrange the turkey, breast side down, in a sturdy plastic bag. Put the bag in a cooler lined with ice, and then pour the brine over the turkey. Pull up the sides of the bag to enclose the brine around the turkey and let it soak for 24 hours.

Fire It Up
Prepare the wood charcoal fire on one side of the charcoal grate for high heat and leave the other side relatively uncharred. On the opposite side, a crisp pan filled with warm water will help maintain the temperature of the grill, which should be 350°F to 375°F.

Tie the Season!
Remove the turkey from the bag and rinse with cold water. Pat it dry, lightly coat it with melted butter, and season it with black pepper.

Next, in a heavy-duty roasting pan, combine good-quality chicken stock with aromatic vegetables and the reserved turkey parts. Place the pan over indirect low heat and add wood chips to the fire.

Barbecuing The Turkey
“Start by cooking the breast meat, on a rack, facing down in the pan. This way, the leg meat gets a head start, while the breast meat is shielded from the heat by the pan and the liquid,” said Purviance.

“After the first hour, the legs, wings and back will be golden brown but the breast will barely begun to cook. Turning the turkey over will allow the breast and leg meat to finish together.

Remove the turkey from the grill when the internal tempera- ture reaches 175°F in the thickest part of a thigh and 165°F in the breast.

Take A Break And Enjoy
Transfer the turkey to a cutting board and cover it loosely with foil. Let it rest for 20 to 30 min- utes while you make gravy from the liquid in the pan.


Steaming Produces Fresh-Tasting Frozen Meals

(NAPSA)—One of the hottest trends in healthy eating is based on one of the easiest methods of cooking—steaming.

Steamed foods are becoming increasingly popular in the U.S. today, I’ve estimated that con- sumers enjoy about 2 billion serv- ings of steamed food per year. According to Consumer Qualitative Research, consumers are turn- ing to steamed foods because they want meals that are fresh and provide health benefits and a crisp, nat- ural taste.

Though vegetables comprise the majority of steamed foods, the past few years have seen a dramatic increase in steamed foods extending beyond vegetables into meats and pastas.

Recently, Healthy Choice® intro- duced Café Steamer®, the first line of microwave steamer meals that incorporates microwave steaming technology to maximize the individual components of an entire meal. Steaming works to maintain the naturally fresh fla- vor, texture and color of each ingredient.

Convenience meals like this have been growing in popularity since 2000 with prod- ucts in Europe and Australia and Japan coming in special “steam valve” packaging.

The innovative Café Steamer line utilizes one-of-a-kind microwave “Steam Cooker” that circulates steam throughout the meal. The products are a con- venient option for people wanting a fresh-tasting meal with minimal preparation time, as most are prepared in less than four minutes.

Popular Café Steamer items include: “Mission: Cook” author and “Dinner: Impossible” TV host Robert Irvine understands that preparing healthy, flavorful meals is a challenge for many. Finding healthy yet convenient meal options that don’t compromise taste is a challenge. Irvine believes in the steam cooking trend and the new Café Steamer line.

“Not only are people looking to save money,” Irvine says, “but we are seeing a growing movement toward eating healthier meals. We are still a long way from eating healthy but high quality meals is an achievable and convenient way to do it.”

The popular line’s steaming innovation represents the fourth wave in the evolution of the frozen entrée in America, which began in the 1950s with the original oven- baked, foil-wrapped TV dinner and progressed to microwavable meals in the mid-1980s. Healthy Choice® has played an integral role in introducing the first line of healthy and flavorful microwav- able meals.

To learn more, visit the Web site at www.healthychoice.com/innovation.

Beauty Tips

Eye Lifts For Any Budget

Beauty Basic—You can give your eyes a lift and reduce signs of aging without breaking the bank.

Beauty Basic can lift your eyes. "I believe that no matter what budget you are working on, we can lift your eye area with this simple step,” says Sharon Zabowski, owner of Barbara’s Beauty Bar in New York City.

For eye lifts for any budget, Beauty Basic starts with a simple eye gel and a rollerball applicator. The gel can be used in the morning and evening, or just before bed to lift and firm the skin around the eye area.

According to Zabowski, the eye gel contains hyaluronic acid, which helps to hydrate and plump the skin. The rollerball applicator helps to massage the gel into the skin, promoting circulation and reducing puffiness.

Additionally, Beauty Basic contains a combination of caffeine, which helps to reduce the appearance of dark circles, and vitamin C, which brightens the skin and helps to fight free radicals.

Beauty Basic is a budget-friendly solution that can be used by anyone looking to lift and firm their eye area. It is easy to use and provides visible results over time.

To get started, apply a thin layer of the eye gel to the under-eye area and gently massage it into the skin using the rollerball applicator. Use this simple routine twice a day to see the benefits of Beauty Basic for your eye area.