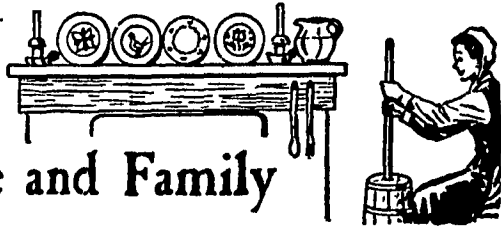


For the Farm Wife and Family



A Turn With Turkey

by Mrs. Richard C. Spence

Every cook wants her Thanksgiving turkey to arrive on the table a beautiful golden brown, oozing with juice and tender enough to melt in the mouth. How to cook it is largely a matter of personal preference.

Some of the very best cooks insist the only way to cook a turkey is in a covered roaster. An ever increasing number are equally certain the bird cooked in an open roaster pan is the best turkey you ever tasted. And there are just as many who will tell you the turkey cooked in aluminum foil is the plump-est, juiciest and most tender of all.

Since all these methods are so widely used, here are the correct procedures for each.

OPEN ROAST PAN METHOD WITH FOIL TENT
This is fast becoming one of the more popular methods. It is carefree cooking at its best and the results are excellent.

1. For a 10-15 pound turkey, a roast pan with at least one inch clearance all around the pan to insure the proper circulation of oven

heat, essential to even cooking and browning, will be needed.

2. Place the prepared bird on a rack, breast-side up. This can be a flat rack that covers the bottom of the pan or you may prefer one of the adjustable V-shaped racks. When using a V rack, place bird breast-side down. In an emergency, a regular cake cooling rack will serve the purpose.

3. Take a piece of aluminum foil, 4-5 inches longer than the bird, and place it tent-fashion over the turkey. Pinch the foil at the drumsticks and breast end, pressing it lightly to anchor it. The foil helps in uniform browning.

4. If a meat thermometer is used, insert it through the foil so that the bulb rests in the center of the inside thigh muscle adjoining the body

cavity

5. Place in a preheated 325 degree oven. Do not sear. Add no water. Do not cover. Basting is unnecessary.

6. Roast as follows:
Turkey 8-12 pounds, 4-5 hrs.; meat thermometer reading 190-195 degrees; Turkey 12-15 pounds, 5-6 hours; meat thermometer reading 190-195 degrees; Chicken 3½-4½ lbs. 3-3½ hours; Capon 6-7 lbs., 3½-4½ hours.

NOTE: Above times are for stuffed fowl. For unstuffed, deduct 3-5 minutes per pound.

COVERED ROASTING

This method of cooking turkey is actually a form of braising where the bird is cooked in moist heat.

Oblong or oval roasters, sometimes called turkey roasters, are perfect for this method. Pan should be large enough so that no part of the bird touches it.

1. Place prepared bird on lifting rack, breast side up. Pour ½ cup water into pan. Add cover. Valve in cover should be in closed position.

2. Place in a preheated 375 degree oven. Baste every 20 minutes by spooning the liquid in the pan up over the bird. For the first basting, use 4 tablespoons butter melted in ¼ cup hot water. For subsequent basting,

there should be sufficient liquid in the pan. If necessary, additional water may be added so juices in pan do not get too brown.

3. Open valve in cover during last hour of roasting time. For extra brown crispness, remove cover last 30 minutes.

4. Roast as follows:
Turkey 8-12 pounds, 4-4½ hours; meat thermometer reading 190-195 degrees; Turkey 12-15 pounds, 5-5½ hrs., meat thermometer reading 190-195 degrees; Chicken 3½ to 4½ pounds, 3-3½ hours. Capon 6-7 pounds, 3½-4 hrs.

ROASTING IN ALUMINUM FOIL

Cooking fowl in aluminum foil, a relatively new method, has many advantages. Cooking time is considerably shortened and there is no grease spattering in the oven. The bird is plump, tender and juicy. Browning is achieved by opening foil last 45 minutes of cooking time.

1. Place prepared bird on a strip of 18-inch heavy duty foil or use a double thickness of regular foil. If turkey is extra large, fold two pieces together lengthwise, using a double fold. Press flat and

tight to prevent leakage of drippings.

2. Bring the two torn edges together above fowl; fold, then fold again, pressing foil down close to fowl. Fold the ends over and over, pressing close to fowl.

3. Place on rack in shallow pan; add no water; do not cover.

4. Place in preheated 425 degree oven.

5. Roast as follows:
Turkey 8-12 pounds, 3-3½ hour; meat thermometer reading 190-200 degrees; Turkey 12-15 pounds, 4-4½ hours; meat thermometer reading 190-200 degrees. Chicken 3½-4½ pounds, 1½ to 2 hours. Capon 6-7 lbs., 2½-3½ hours.

NOTE: Above times are for stuffed fowl. For unstuffed, deduct 3-5 minutes per pound.

HELPFUL HINTS

Fresh fowl should be thoroughly cleaned as soon after purchase as possible, dried, wrapped in aluminum foil and stored in refrigerator until ready to use.

—Frozen fowl should be completely defrosted before using; then cooked as soon as possible. It is advisable not

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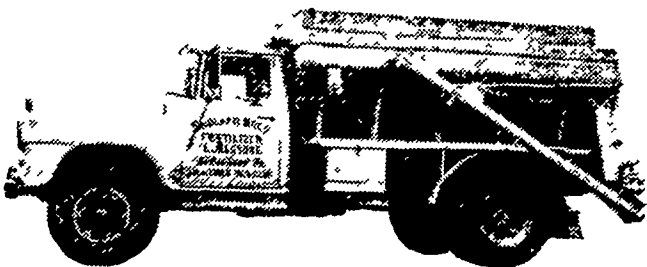
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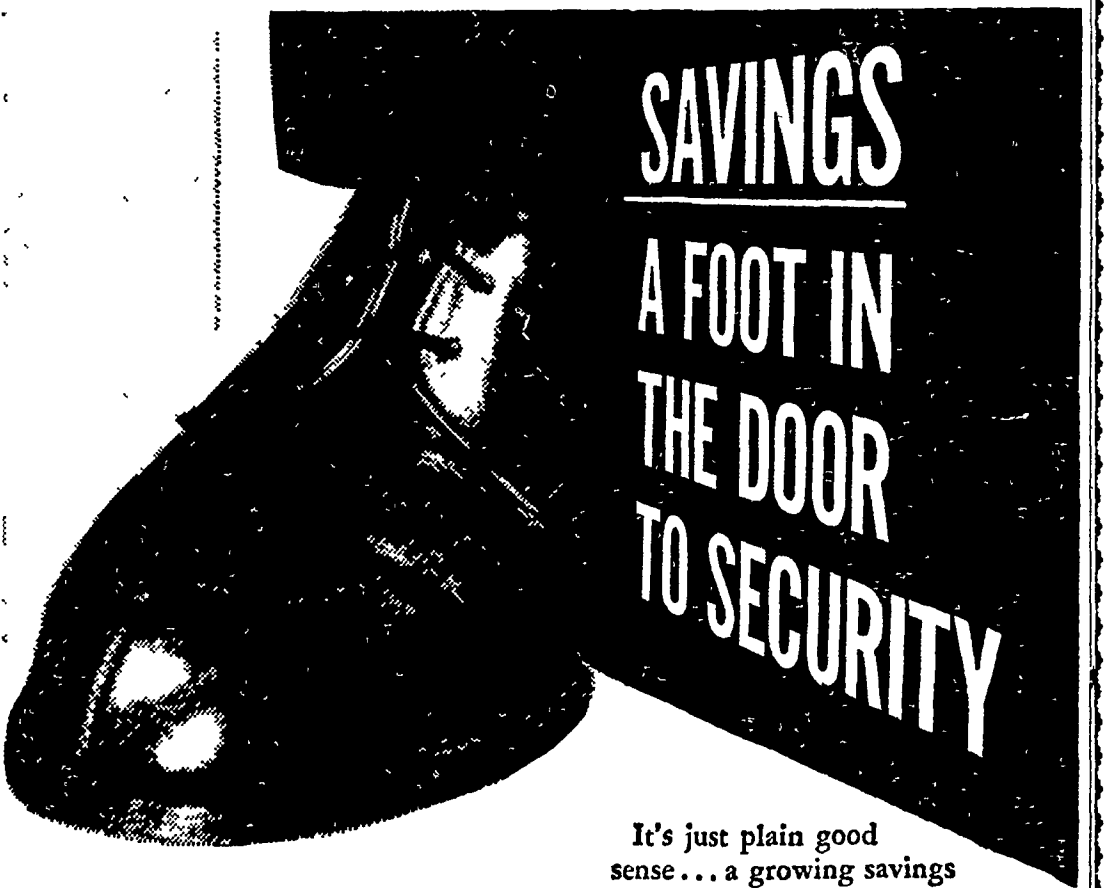
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