



Have You Heard?

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Defrost Turkey In Your Microwave

For many of you, thawing your Thanksgiving turkey is more trouble than roasting it. If you have a microwave oven, take advantage of its speedy defrosting capability and save yourself a lot of time and effort.

The whole turkey can be left in its original wrappings for the first half of defrosting, but it is easier to spot areas that are defrosting too quickly if the bird is unwrapped from the start.

Here are a few tips to take the guesswork out of microwave oven defrosting of your holiday turkey: Set the microwave for 50 per-

cent of full power. This will be the "medium" setting on some ovens; "simmer" or "defrost" on others. At that power level, estimate defrosting time at about four to six minutes per pound. Check your oven's care and use manual for specific instructions.

Place the unwrapped turkey in a baking dish, breast side down. Defrost for one-fourth of the total time.

Shield any warm spots with aluminum foil (it will not hurt your microwave). Turn the turkey breast side up and defrost for one-fourth of the time.

Reverse the baking dish so that the turkey legs point to opposite

end of your oven. Defrost for one-fourth of the time.

Turn the turkey breast side up again. Defrost the remaining one-fourth time. Spread wings and legs from the body of the bird and loosen giblets.

Let the turkey stand in cool water for about one-half hour or until neck and giblets can be removed and the interior is cool but no longer icy.

Cook the defrosted turkey according to your favorite recipe.

Microwave Your Turkey

Cooking your Thanksgiving turkey in a microwave oven can reduce cooking time but it requires some extra effort on your part.

Your turkey will be very juicy and tender. It will brown naturally because of the long cooking time, but will not have the crisp skin that many people associate with turkey.

On the other hand, for successful results you have to give the bird a fair amount of attention and handling and you may find conventional oven roasting more suited to your needs.

The largest turkey you should cook in the microwave is 12 to 14

pounds. To be sure your turkey is not too large for your oven, place your turkey in the oven cavity and turn it on all sides. You need three inches of space between the turkey and all walls, and should have a minimum of two inches of space between the top of the turkey and the ceiling of the oven.

Estimate the cooking time at about 12 to 15 minutes per pound at 50 percent of full power. Divide the cooking time by four.

Place the turkey breast-side down in a shallow glass or other microwave oven-safe baking dish.

Tie the legs and wings to the body with string. Shield protruding parts with foil.

Cook for one-fourth of estimated time, then turn turkey on its side and microwave another one-fourth of the time. Turn on other side and cook one-fourth of the time. Baste as needed. If the turkey is browning too quickly in parts, shield these parts with foil. Leave foil in place when you turn the turkey.

For the last one-fourth of cooking time turn the turkey breast side up. Using a microwave oven ther-

mometer, check internal temperature. It should read 185 degrees F. after one minute. Other tests for doneness: the leg moves freely at the joint or juices run clear yellow when the breast meat under the wing is pierced with a fork or skewer.

Let turkey stand about 20 minutes under a foil tent before carving. Remove pan drippings as they accumulate. The drippings absorb microwave energy and can increase cooking time. This is most easily done with a bulb tester.

Never use a temperature probe when roasting a turkey. Juices can run down the probe and cause the oven to turn off.

The biggest problem with microwaving a turkey is turning the hot bird several times during the cooking process. This is probably best done with several layers of good paper toweling rather than pot holders to protect your hands.

Clearing Out Grandma's Attic

Sooner or later the urge or need comes to clean out the attic.

We must make decisions about the stacks of books, the wedding dress, framed pictures, odd pieces of furniture, trunks, National Geographic, school pictures and all the rest. Surely some of the family would like to have some of these treasures, but how could this be organized so the attic is relieved of its contents and the contents reach enthusiastic owners? Here are a few suggestions:

1. Face facts. Your children and grandchildren will probably have selective interests and may have limited storage space.

2. Take the attic contents downstairs. When your children come to visit, tell them to take all that they want and make it known that you will get rid of all that they don't take.

3. If nobody wants your wedding dress, send it to a college or library that is collecting period costumes and dresses. This can be a loan, so family members can speak for it later. You may also feel better about it.

4. Keep and file information related to your family tree... for genealogy buffs. File important letters, pictures marked with names and dates, and selected clippings from newspapers.

5. Divide up the beautiful tablecloths, embroidered doilies and linen towels and give them to children and grandchildren. Tell them they must take them and can do as they like with them. Some may keep them and appreciate them more as time goes on.

6. Divide up silver pieces you want to keep in the family. There should be no argument about these items.

7. Put the books out for first selection by family members. Then look for other places where they would be appreciated: an underprivileged school or college, the local library, or a book sale that benefits a local organization.

8. Decide which pieces of furniture you can use and which ones you are ready to part with. If there is someone in particular who has eyed a certain piece, make it a gift. Then, let others make their selections. If two or more want the same desk or chair, you could have them draw lots.

9. Don't get too carried away with clearing out the attic. Keep enough things for your own use and enjoyment.

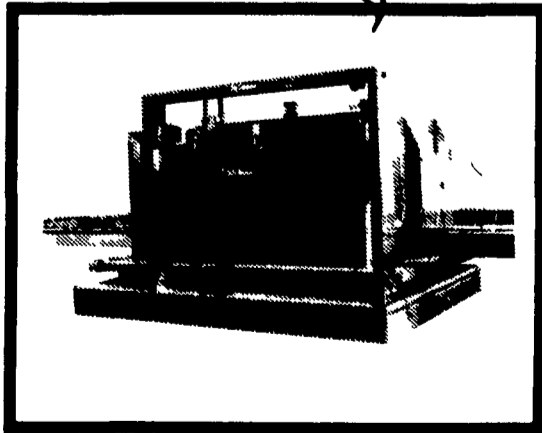
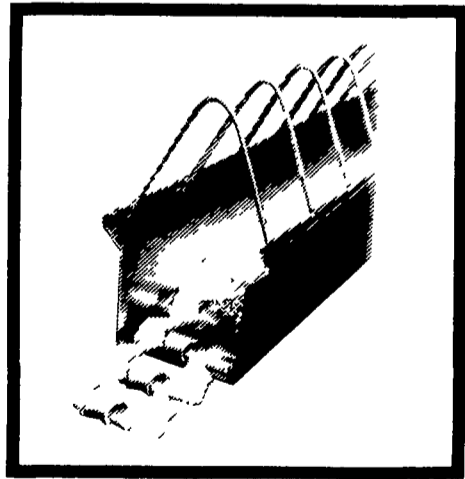
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