



## 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 wrapping 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 percent 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 the 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.

Immediately 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 thermometer, 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

## Final Call For Dairy Fun Night Entries

HARRISBURG (Dauphin Co.)

The Pennsylvania Dairy Promotion Program offers a final call for entries in the "Ice Cream Churn-Off" and "Dairy Obstacle Contest," at the Pennsylvania Farm Show. Both events are part of "Dairy Fun Night" held Tuesday, January 11, 1994, at the PA Farm Show Complex, Harrisburg.

Anyone who has a special, homemade ice cream recipe can enter the "Churn-Off." Contestants must make their own recipe for a panel of judges. Recipes can be as common as vanilla or as exotic as "Hawaiian Delight," with different fruits and nuts. All recipes must use real dairy products and should not have been previously published.

Three top recipes in the contest will win cash prizes - \$300, for first place; \$150 for second place; and \$125 for third place. Recipes

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.

will be judged by the following criteria: effective use of dairy products (30%); taste and visual appeal (30%); recipe originality and creativity (30%); and ease of preparation (10%).

The "Dairy Obstacle Contest" provides another "fun" way to win cash prizes. The obstacles in the contest are typical activities that occur on a Pennsylvania dairy farm, hay bale stacking, dodging cowpies, and pouring milk into bottles. Each team must have three team members, with each member experiencing a different obstacle.

Cash prizes are awarded in three age categories - first place \$75 and second place \$50. The age categories are 12 years and under; 13 to 19 years; and adults (19 years and above). A total of four teams will be selected to compete in each age group.

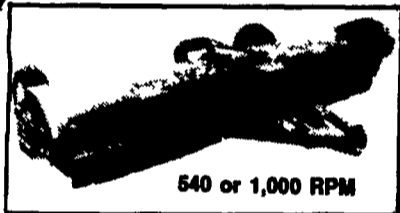
Entries for these contests are due in the Pennsylvania Dairy Promotion Program office by December 17, 1993. Contestants must list the names of all participants and mail their entries to: "Dairy Fun Night Ice Cream Churn-Off" of "Dairy Fun Night Obstacle Contest," Pennsylvania Dairy Promotion Program, 2301 North Cameron Street, Harrisburg, PA 17110-9408. For the "Obstacle Contest," team category must be specified. Complete recipes for the "Ice Cream Churn-Off" contest must be submitted with the entry. All entries should include a complete address and telephone number for each participant.

Further information about "Dairy Fun Night" is available by calling (717) 787-6903.

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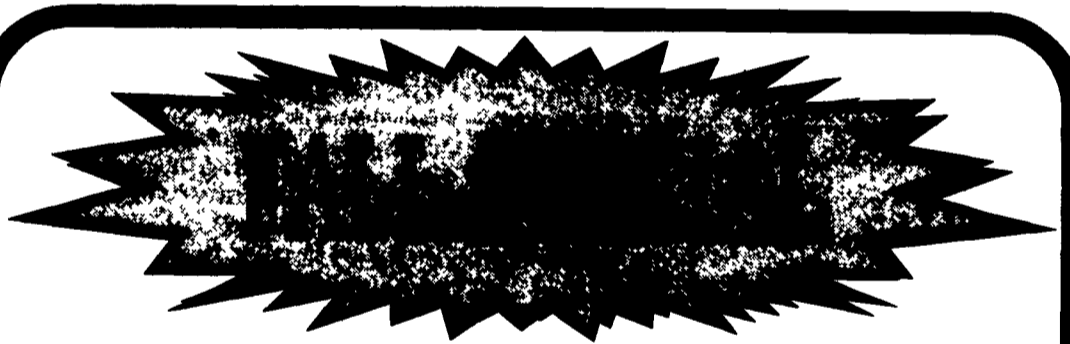
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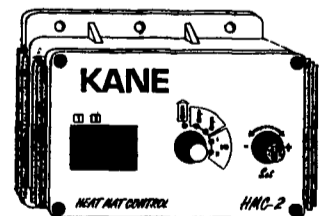


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