

AlfredNY.Biz

Special Thanksgiving Issue

Let's Talk Turkey
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SPECIAL THANKSGIVING ISSUE

A Note From The Owner:

As always, many thanks to our contributing writers and area merchants for their continued support of this Ezine (Free Online Magazine). I also wish to extend a special thanks to our readers. For these things and the many blessings bestowed upon our family this year we are truly thankful.



Best Wishes,

Dave Williams

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Great Recipes & Ideas

Special Thanksgiving Issue Let's Talk Turkey

Thawing Your Turkey

Thawing a frozen turkey requires patience. The safest method is to thaw turkey in the refrigerator. Be sure to plan ahead—it takes approximately 4 days for a 20 pound turkey to fully defrost in the refrigerator.

Thaw the turkey in its original wrap on a tray placed in the bottom section of the refrigerator.

Allow about 24 hours of defrost time for every 5 pounds of turkey. Example: a 20 pound turkey will take 4 to 5 days to thaw.

Do not thaw on the counter. Thawing at room temperature increases the risk of bacteria growth. At room temperature, bacteria on the turkey can grow rapidly when the outside portion of the bird begins to thaw. These bacteria can multiply to dangerously high levels producing toxins that cooking may not destroy.

Cooking Times

Cooking times will differ depending on whether your bird was purchased fresh or frozen. Plan on 20 minutes per pound in a 350°F oven for a defrosted turkey and 10 to 15 minutes per pound for fresh. Ex. A 20 lb (frozen, then thawed) stuffed turkey should cook approx. 6 hours and 40 minutes at 350°F. So if you want to eat at 5:00pm you should put your turkey in the oven around 10:20 am (9:50am if you wish to let the cooked turkey rest before carving).

To Stuff or No To Stuff

A turkey will cook more evenly if it is not densely stuffed. For the stuffing lovers, consider cooking the dressing in a casserole dish on the side. If you desire to stuff your bird remember not to stuff the bird too

densely—stuffing needs to expand as it cooks. Further, Stuffing must be cooked to a minimum temperature of 165°F to be safe. Stuffing should be removed from the cavity of the bird to a separate dish before carving the turkey.

Roasting Tips

For even roasting, truss your turkey.

Before roasting, coat the outside of the turkey with vegetable or olive oil, season with salt and pepper and tightly cover the breast with aluminum foil to prevent over-browning (it will be removed later).

Don't open the oven door too frequently. Once you get the turkey in the oven, resist the temptation to open the oven door and admire your bird. When the oven temperature fluctuates, you're only increasing the likelihood of a dry bird. About 45 minutes before you think the turkey is done, remove the foil from the breast to allow it to brown.



Check for Doneness

Remove the turkey from the oven when the deepest spot between the leg and the breast reads 180°F on an instant-read thermometer. Check the internal temperature of the stuffing as well; it should be at least 165°F.

Tent the bird with foil and let rest for about 25 minutes before carving. If you need more time to make gravy, heat up side dishes, etc., you can let the turkey set for up to an hour without losing too much heat.

Never leave leftovers out for more than two hours.

Great Recipes and Ideas

<http://allrecipes.com>

AllRecipes has over 30,000 free recipes – all created, reviewed, and approved by home cooks worldwide.

<http://www.foodnetwork.com>

Featuring an assortment of culinary categories, from international cuisine to dazzling desserts, the Food Network has a wide variety of recipe collections.

Safe Cooking With Kids ~ Recipes

Easy Pumpkin Pie

With its flaky crust and tasty filling, pumpkin pie is the quintessential Thanksgiving dessert. The best part: they are so easy to make.

Note: The theme for Fire Prevention Week 2006 is “Prevent Cooking Fires—Watch What You Heat” So, your friends and neighbors at the Alfred Station Fire Company ask that you please remember to:

- Keep a Kid Safe Zone of 3 feet from the range/oven when cooking
- Don't leave cooking food unattended
- Keep pot/pan handles turned in

Visit <http://www.AlfredStationFireCompany.com> and click on the Fire Prevention Week link for more info.

Preheat oven to 425°F

Ingredients:

- 1 (9-inch) unbaked pastry shell (or make your own crust)
- 1 can (15 ounces) pumpkin
- 1 can (14 ounces) sweetened condensed milk
- 2 eggs
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger, ground nutmeg and salt

Directions:

Preheat oven to 425 °F . In large bowl, beat all ingredients together with whisk or mixer. Pour into crust and bake for 15 minutes. Reduce heat to 350 degrees and bake for 35 to 45 minutes longer. Cool before serving.

This recipe for Pumpkin Pie serves/makes 8

Cool and enjoy.



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