

Missa's Urban Home

BTR Show Prep for 11/22/2009

Talking Turkey

Greeting	I'm Missa Dixon And this is Missa's Urban Home on Blog Talk Radio The show where we enlightening lives one extraordinary topic at a time.
Today's show	Turkey. We are going to talk about roasting your best turkey this Thanksgiving. Not grilling or frying but just roasting your bird in the oven
Weather	Very nice sunny day OMG's is it cold.
Foo Dog Mafia	Yes I did get the squeaky toy.
Thankful Moment	Ended a very long friendship. Yes this is a thankful moment for me. I just didn't realize how stressful it has become and we ended on a good note.
Pointing moment	None
Upcoming Shows	Nov 29th (Next week) – Lori will take about going to auctions looking for bargains. Dec 6st – In my on going quest to open minds, Windsong will be here to talk to us about Hanukah. Dec 13th – Blake Simmer of Pick your own will be back with us to talk about putting up jams and jellies to give as holiday gifts and party favors.

Interview Questions:

Roasting Turkey

- ⊗ Picking your best bird.
 - Types of turkey
 - Organic
 - Small farm
 - Big Store birds
 - Pricey vs. Cheap
 - Buy cheap
 - Size
 - Big birds look good but you can't roast one and not have it be dry.
 - Small birds are best - just make more than one. 12-15lbs.
 - Frozen vs. Fresh
 - Fresh – unless you just shot it can be dangerous.
 - Frozen – safer, and can last for a long time.

- ⊗ Thawing your bird
 - Put in your frig for a few days in a pan.
 - Let the bird sit in cold running water for 8 hours.
 - **DO NOT** set the bird on the counter to thaw!!! Way in the biological Goldie Locks zone.

- ⊗ Prep bird for flavor.
 - Wash off bird in cool water
 - Pick all feathers out
 - Get out the giblet pack
 - Make sure it's totally unthawed.

- ⊗ Adding favor and moisture.
 - Self basting bird.
 - Very nice
 - Pricey
 - Easy
 - Skip the brine.

- Brine
 - Can save your turkey!!
 - Equal parts salt & sugar (cup of each)
 - Use brown sugar – has more flavor
 - Other flavor
 - ¼ cup poultry seasoning
 - One orange sliced. (I really like blood oranges for this)
 - 6-8 bay leaves
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 - Heat up to melt salt, sugar, and seasonings in quart of water
 - Then add enough ice and water to cover bird in close container.
 - Keep in very cool spot that does not freeze.
 - Let sit for 8 + hours. (Not more than 12 hrs.)

⊗ Remove from brine

⊗ Wash off

⊗ Pat dry

⊗ Pre-heat oven to 500 degrees. It's going to take awhile.

⊗ Pan Prep

- I realize that we all like to be frugal and do that how reduce reuse recycle thing as much as possible but really get two, aluminum, roasting pans (One to hold the bird, one to hold the other). Spending time cleaning on such a big holiday is not ok. Be with your family, not scrubbing a roaster.
- Put those doubled layered pans on a cookie sheet for easier handling.
- Very roughly chop one large onion, 4 carrots, 4 celery ribs, and put those on the bottom of the roaster. Slice on orange and put it on the bottom as well.
- Sprinkle a little salt and pepper (fresh is best) and fresh parsley.

⊗ Rub

- I rub my birds down. I think it's a way to add great flavor while taking out drying insurance especially with non- self basting birds.
- 1-2 sticks of butter at room temp.
 - Herbs and spices

- This is where you make your bird your own. Pick whatever you would like. Below are some that I have used and liked.
 - ¼ cup poultry seasoning (Very traditional)
 - ¼ rosemary & sage (Very rustic)
 - ¼ Herbs de Provence (Very nice if you like French food)
 - I would NOT use paprika, chilies, any of the sweet spices. They tend not to play well with roasting for hours with turkey in my opinion.
 - Stir you herbs and spices in to your room temp butter.
 - Rub your rub all over in, out, and under the skin of your bird.
- ⊗ Place bird in pan breast down and nestle in the veggies at the bottom of the pan.
- We are preventing drying.
 - Not as pretty but the breast will not dry out this way.
- ⊗ Check your oven thermometer to make sure your oven is at temp. Once it is put your bird in legs first.
- Some ovens and pans done mix well. If you can't get legs I first then just go sideways and turn the bird after a half hour.
- ⊗ Let the bird cook for ½ hour on 500 degrees.
- ⊗ Turn the temp down to 300 for 4hours. Or until your bird internal breast temp is 165 degrees. The dark meat should be about 180 degrees.
- ⊗ Remember that there will be carry over cooking so plan for that.
- ⊗ Pull your bird. And tent it with a really big piece of aluminum foil. Let it rest for ½ and hour.
- ⊗ Carve and serve.
- ⊗ Gravy if we have time.