

# FOOD

## Traditional Thanksgiving Roasting to Perfection **Easy Cooking Guide**



Whether you're a novice cook or a seasoned pro, this will help you roast a tender, juicy, picture-perfect turkey every time. It's easy with the Butterball Open Pan Roasting Method.

Place thawed or fresh turkey, breast up on a flat rack in a shallow pan, 2 to 2-1/2 inches deep.

Brush or rub skin with oil to prevent the skin from drying and to enhance the golden color.

Insert oven-safe meat thermometer deep into the lower part of the thigh muscle, but not touching the bone. When thigh is up

Net Weight (in pounds)	Unstuffed (in hours)	Stuffed (in hours)
10 to 18	3 to 3-1/2	3-3/4 to 4-1/2
18 to 22	3-1/2 to 4	4-1/2 to 5
22 to 24	4 to 4-1/2	5 to 5-1/2
24 to 30	4-1/2 to 5	5-1/2 to 6-1/4

to temperature and if turkey is stuffed, move thermometer to center of stuffing for stuffing temperature.

Place in a preheated 325°F oven.

When the turkey is about two-thirds done, loosely cover the breast and top of

drumsticks with a piece of lightweight foil to prevent overcooking the breast.

Use this roasting schedule as a guideline; start checking for doneness 1/2 hour before recommended end times:

If unstuffed, the turkey is done when

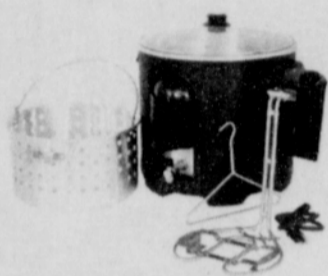
the meat thermometer reaches the following temperature:

180°F deep in the thigh; also, juices should be clear, not reddish pink when thigh muscle is pierced deeply.

If the turkey is stuffed, move the thermometer to the center of stuffing to read temperature. If both the thigh and the stuffing have reached temperatures listed below then the turkey is done:

180°F deep in the thigh; also, juices should be clear, not reddish pink when thigh muscle is pierced deeply.

160°F in the center of the stuffing. Before removing stuffing and carving, let turkey stand 15 minutes to allow juices to set and stuffing temperature to rise to 165°F.



### Bird on Fire Turkey fryer safety tips

The highly anticipated Thanksgiving turkey could ruin the holiday if it's not safely prepared.

Popular turkey fryers lauded by celebrity chefs Martha Stewart and Emeril Lagasse can be extremely dangerous, occasionally resulting in devastating house fires.

If the cooking pot is overfilled, the oil may spill when the turkey is placed into the cooking pot. If that oil hits the burner or flames, flames may engulf the entire unit. Partially frozen turkeys can also cause a spillover effect, resulting in an extensive fire. With no

thermostat controls, the units can potentially overheat the oil to the point of combustion. The sides of the cooking pot, lid and pot handles get dangerously hot, posing severe burn hazards.

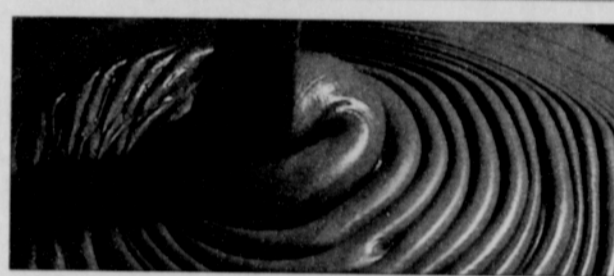
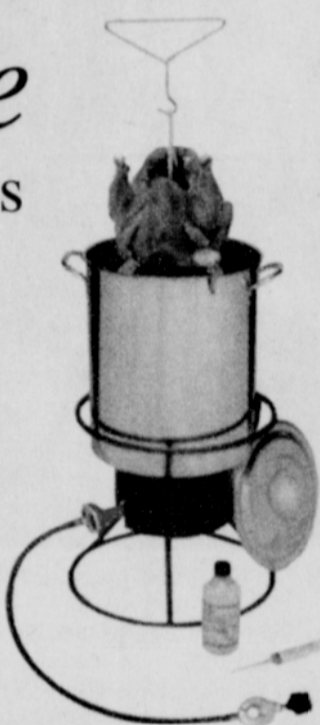
But after tasting the juicy bird which cooks conveniently fast in a fryer, some people are not going back to roasting. If you plan to cook a fried turkey this year, please observe these safety tips.

Turkey fryers should always be used outdoors a safe dis-

tance from buildings and any other flammable material; never on wooden decks or in garages. Make sure the fryers are used on a flat surface to reduce accidental tipping. Never leave the fryer unattended as oil may catch fire if it gets too hot. Never let children or pets near the fryer, even after use, until the unit cools down completely, which could take several hours.

To avoid oil spillover, do not overfill the fryer. Use well-insulated potholders or oven mitts when touching pot or lid handles. Safety goggles are even recommended to protect your eyes from oil splatter. Make sure the turkey is completely thawed and be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire or even an explosion hazard.

Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use a fire extinguisher, but call 911 immediately if you cannot contain the fire.



Creamy chocolate has delighted palates for generations.

### And Chocolate For All

The world's favorite treat is enjoyed in many forms, consistencies and flavors.

In a consumer survey, Americans chose chocolate as their favorite desert. But although Americans gobble up about 12 pounds of chocolate a year, many don't know the story of how this delightful sweet became one of the most popular holiday treats and gifts.

The custom began more than 4,000 years ago when the early Romans exchanged sweet gifts during the solstice ceremonies. They believed sweet-tasting gifts like fruits, honey and cakes would ensure a good harvest.

By the Middle Ages, the story of the Magi bearing gifts for the infant Jesus became a central part of the Christmas

holiday tradition. In the early 1900s, sweet-tasting homemade treats were popular holiday gifts, primarily for children. Our modern-day Santa Claus is based upon Saint Nicholas, the third century bishop of Myra, who dressed in red and white robes and secretly bestowed gifts to children at night.

During World War II, servicemen far from home often requested gifts containing candies and cookies. Because it was necessary to mail Christmas gifts very early to U.S. troops stationed around the world, merchants began reminding the public to shop far in advance. From this practice, the extended holiday shopping season was born.

Most will agree that hardly anyone will refuse a chocolate offering.



Closing Thanksgiving Day Early at 5:00 pm. Opening Friday 6:00 am.

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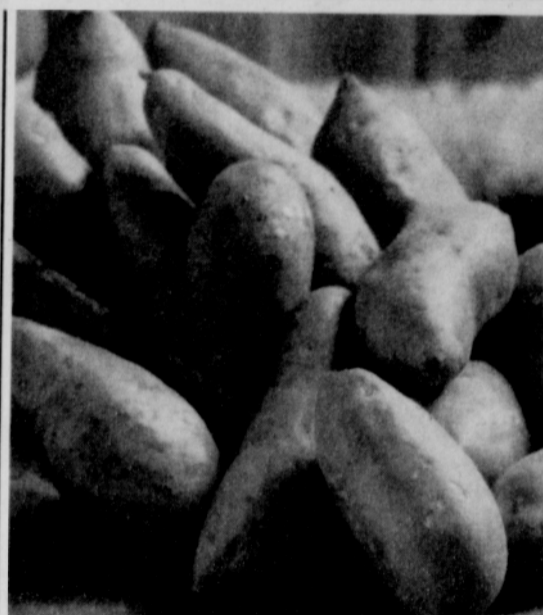
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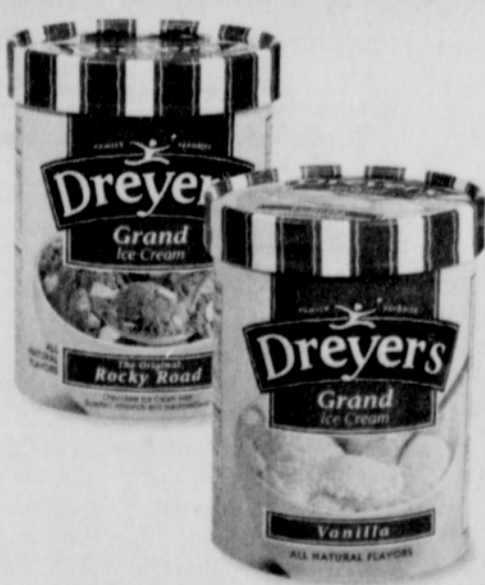
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