

Turkey Talk

The goal in cooking a turkey is to get your bird cooked and beautifully browned without drying out the breast. Here's the problem: white meat cooks faster than dark meat. Traditionally, the bird is cooked breast-side up. This method causes the breast meat to cook quickly while the legs that are under the bird cook slowly.



What you end up with is dried-out breast meat in order for the legs and thighs to be done properly.

So what is the answer you ask? Roast your turkey breast side down. Now before you brand me a heretic and have me burned at the stake, hear me out. Yes, this is not how your mother or grandmother did it, but I am telling you, once you try this method you will never go back to cooking your turkey breast-side up again.

Why do it this way? Because when the breast meat in on the

bottom, not only is it protected and cooks a little slower but all the juices that are in the turkey drain down into the breast making it moist, tender and juicy. Unless you have your heart set on a Norman Rockwell presentation, this is the best position in which to cook your bird. It may not look as pretty as the other, but who carves their turkey at the table anyway? We never do.

The last tip to the perfect turkey is to put your bird in the oven a leave it there until it is done. Calculate the amount of time that it will take to cook your bird, then put it in the oven and don't peek until the timer goes off. No basting is necessary. You don't need to baste if you cook the turkey breast-side down.
Bon Appetite!

FOOD

Herb Turkey Rub

"This rub can be used on fish, chicken, pork loin, and turkey."

INGREDIENTS

- 4 teaspoons chopped fresh rosemary leaves
- 4 teaspoons chopped fresh thyme
- 4 teaspoons minced onion
- 4 teaspoons minced garlic
- 1/4 cup white wine Worcestershire sauce
- 2 teaspoons coarse kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 cup olive oil

DIRECTIONS

In a blender or food processor, mix rosemary, thyme, onion, garlic, white wine Worcestershire sauce, coarse salt, pepper, and olive oil. Pulse until well blended. Cover, and chill in the refrigerator at least 10 minutes before rubbing under turkey skin or injecting into meat as desired.



Helpful Holiday Numbers

The following is a list of emergency food-assistance agencies servicing the Portland-metro area.

Oregon Food Bank-Portland Metro Services

Counties served: Clackamas, Multnomah and Clark.
7900 N.E. 33rd Dr., 97238
503-282-0555

St. Vincent de Paul Holy Redeemer

Services: Emergency food box/pantry, utilities, rent, prescriptions.
Days/Hours: Sat. 3-5 p.m.
503-595-2290

St. Vincent de Paul Immaculate Heart

Services: Emergency food box, go to site for assistance.
Days/Hours: Tue. 3-5 p.m.
503-235-8431

St. Vincent de Paul St. Charles

Services: Emergency food box; no walk-ins.
Days/Hours: Mon.-Sun. (on call)
503-235-8431

Salvation Army Moore St. Center

Services: Emergency food box/pantry.
Days/Hours: Mon., Wed., Fri., 1-5 p.m.
503-493-3925, Exl. 34

Carpenters Food Bank

Services: Emergency food box/pantry.
Days/Hours: Third Friday of the month;
9 a.m.-2 p.m.
503-286-1898

Allen Temple Food Pantry

Services: Emergency food box/pantry.
Days/Hours: Tue. 5-7 p.m.;
Wed. & Sat.: 11 a.m. - 2 p.m.
503-284-1010

St. Vincent de Paul St. Andrews

Services: Emergency food box, go to site for assistance.
Days/Hours: Mon., Wed., Thu., Fri.
11 a.m.-1 p.m.
503-235-8431

Ecumenical Ministries of Oregon NE Emergency Food Program

Services: Emergency food pantry, harvest share.
Days/Hours: Mon., Tue. Thu., Sat.
1-4 p.m.
503-284-5470

New Hope Missionary Baptist

Services: Emergency food box, some clothing assistance, harvest share.
Days/Hours: Last 2 Wednesdays of the month;
10 a.m.-1 p.m.
503-282-8960

We Care Outreach

Services: Emergency food box/pantry, on-the-job training.
Days/Hours: Mon. 10 a.m. - 2 p.m.
503-287-6343

William Temple House

Services: Emergency food box, hygiene products, counseling, referrals.
Days/Hours: Mon.-Thu., 10 a.m.-3 p.m.
503-226-3021

Crossroads Cupboard

Services: Emergency food box, referrals
Days/Hours: Thu. 9-11 a.m.
Sat.: 11 a.m.-1 p.m.
503-257-9345

Herb Butter

"This savory butter makes a thoughtful and versatile gift at holiday time. It's great spread on French bread or chicken before baking, or tossed with hot cooked vegetables or pasta."

INGREDIENTS

- 2 cups butter, softened
- 1/4 cup minced fresh parsley
- 2 tablespoons minced garlic cloves
- 4 teaspoons Italian seasoning
- 1 teaspoon crushed red pepper flakes

DIRECTIONS

In a mixing bowl, combine all ingredients. Beat until well blended. Cover and store in the refrigerator.

Turkey Mercedes

"This is an easy and delicious recipe for a turkey that is perfectly browned on the outside while being both tender and juicy on the inside!"



INGREDIENTS

- 3/4 cup olive oil
- 2 Tbs. garlic powder
- 2 tsp. dried basil
- 1 tsp. ground sage
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 cups water
- 1- (12 pound) whole turkey

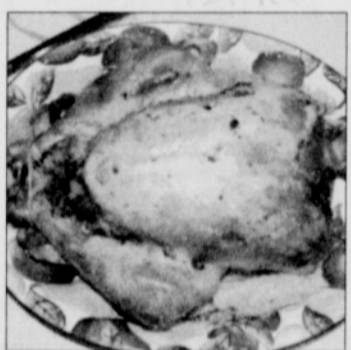
DIRECTIONS

1. Preheat oven to 325 degrees F (165 degrees C). Clean turkey (discard giblets and organs), and place in a roasting pan with a lid.
2. In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan, and cover.
3. Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven, and allow standing for about 30 minutes before carving.

Easy Herb Roasted Turkey

INGREDIENTS

- 3 heads garlic, peeled
- 1 tablespoon black pepper
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 2 tablespoons salt (or to taste)
- 2 cups fresh lemon juice
- 1/2 can frozen orange-juice concentrate, thawed
- 1 cup dry white wine
- 1 (16 pound) turkey



"Thanksgiving turkey has been given a Cuban twist! Celebrate this American holiday by preparing a turkey marinated with the flavors of Cuba. The recipe is foolproof and the turkey is the best you'll ever taste!"

DIRECTIONS

1. Crush the peeled garlic cloves, and place into a large bowl. Season with pepper, cumin, oregano, and salt. Pour in lemon juice, wine, and orange juice concentrate; whisk together until well mixed.
2. Using a sharp paring knife, pierce the turkey breast, thighs, and legs; creating holes for the marinade to penetrate. Pour the marinade over turkey, and into the holes. Finally, stuff garlic pieces into the holes. Cover the turkey well, and refrigerate overnight to marinate.
3. Preheat oven to 325 degrees F (165 degrees C). Roast turkey in the preheated oven until the internal temperature of the thickest part of the thigh measures 180 degrees F, about 5 hours. Baste the turkey every 30 to 45 minutes. Once the breast has browned, cover loosely with aluminum foil to prevent burning.



Practical Turkey Brining

Brining Turkey

Brining is the secret to a juicy, flavorful holiday turkey. Brine is a mixture of water and salt; some recipes contain aromatic spices and sugar as well.

Why Brine?

Salt changes the structure of the muscle tissues in the meat, allowing it to swell and absorb water and flavorings. It also breaks down the proteins, resulting in a tender-seeming turkey. This means that--despite the moisture loss during roasting and the long cooking time--the end result is a juicier bird.

How to Brine

The main logistical problem with brining is that you need a container that's large enough to submerge your turkey in the brine, but will fit in your refrigerator. Furthermore, from a food-safety standpoint, it should be stored on the lowest shelf of the refrigerator so that any spills won't contaminate food below. You may use a stock pot, a bucket, or a roasting pan; if you use a shallow roasting pan, you will need to turn the bird periodically so that each side rests in the brine. Depending upon the size of your turkey and your refrigerator, you may wish to use one of your vegetable crisper drawers. Line it with a clean, heavy-duty garbage bag. The basic ratio for turkey brine is two cups of kosher salt to two gallons of water. Some recipes include sweeteners or acidic ingredients to balance the saltiness.

- Dissolve salt (and sugar, if using) in two cups of hot water. Stir in remaining gallon plus 3 1/2 quarts of cold water.
- Remove giblets and neck from turkey. Immerse turkey in brine and refrigerate for at least eight hours but no longer than 24 hours.

Cooking the Turkey

When ready to roast, pour off the brine. Rinse turkey well with cool tap water, and pat dry with paper towels. Tuck wing tips behind the back and place the bird, breast-side up, on a roasting rack. Proceed with preferred recipe, but remember that the turkey has already absorbed a significant amount of salt--any drippings that you use for gravy will already be salty, and no salt should be added to compound butters or spice rubs.

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