

THANKSGIVING GROCERY

20 rue St Paul 75004 Paris • Tel: 01 42 77 68 29
www.thanksgivingparis.com

For a Perfect Turkey 2012

Preheat oven very hot (250°C). While oven is heating, rub the exterior of the turkey with butter or goose fat, and season the cavity with salt, pepper and your favorite herbs (herbes de provence and sage are our favorites, and The Spice Shop now custom blends a Poultry Seasoning for us available in our shop or from our online catalogue). Stuff about $\frac{3}{4}$ full just before putting in the oven to allow the stuffing to expand during cooking. Roast at this high temperature 15 minutes, then lower the heat to 150°C (350°F). Plan on 40 minutes of cooking time per KG for a stuffed bird under 7 KG; for larger or unstuffed turkeys allow 30 to 35 minutes per KG. If your oven is convection (air pulsé or chaleur tournant), roasting time should be cut by about 20%. Baste with the rendered juices every 20 minutes or so after the first 30-45 minutes of cooking, squirting a bit of juice into the cavity from time to time to moisten the stuffing. If your turkey is not rendering juices, or if they are drying on the bottom of the pan, 1 cup (240ml) of chicken stock or water, (but please not a bouillon cube!). If the top of the turkey is closer than 3cm to the roof of the oven or heating element, tent the turkey loosely with foil after it has browned to prevent burning. Large turkeys also benefit from a very loose foil covering after browning, or a cooking bag, which magically allows browning (see below). About twenty minutes before the end of planned cooking time, insert a meat thermometer which should then read 165°F or 70°C, or prick the part of the thigh closest to the body with a knife. If the juices run clear or yellow, the turkey is done. If the juices are pink, return the turkey to the oven and try again in 10 minute intervals. After the turkey is cooked, allow it to stand at room temperature for 15 to 20 minutes, according to size, before removing the stuffing and carving the bird.

If using a cooking bag, season and stuff as above. Follow directions included with the bag for oven placement and cooking times. You will not have to baste, and will end up with more juice, but it will not be as concentrated or flavorful as the the juices rendered by the traditional method.

To cook our boned and rolled birds, a cooking bag is perfect. Either way, as with a whole turkey, rub the skin with butter or fat and spices, and roast about 40 minutes per KG of the actual weight of the meat. If not using a bag, baste every 15 minutes or so with accumulated juices. Roast is done when internal temperature, taken from the center of the roll reaches 165°, or the juices run clear when pricked in the center of the roll. Let stand 10 minutes before slicing.

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Our Basic Stuffing and Dressing

Combine dry stuffing crumbs such as Pepperidge Farm or Stove Top with leftover stale bread of any sort (cornbread is worth making in advance just for this), broken into tiny pieces. The more variety of breads and size of crumbs the better. Two days before cooking your turkey, add chopped raw onion and celery, herbes de provence and/or sage, oregano, thyme, etc, salt and pepper; dried cranberries, canned fried onions and broken pecans to the bread, mix thoroughly, and store in a bag or covered container in the fridge. (You can personalize the basic mix by adding olives, dried apricots, chopped fresh or rehydrated dry mushrooms, pine nuts, seeds, apples, fresh raw cranberries, corn kernals, water chestnuts, bacon, foie gras—or whatever strikes your fancy.) The humidity of the veggies will slightly moisten the crumbs and flavor them. Stuff your turkey as indicated above, just before putting into the hot oven, and roast, remembering to squirt some juices into the turkey cavity while basting it. As the stuffing needs to expand, only stuff the bird $\frac{3}{4}$ full; you should make extra stuffing mix as there is never enough stuffing in the bird to go around the table. To prepare the extra stuffing on the stovetop, melt butter in a large pot (about 125g, or 1 US stick per 8 cups of mixture), add your preparation and stir over med-high heat until the butter is distributed throughout. Then add $\frac{1}{2}$ to 1 cup of chicken stock or water—it should hiss: immediately lower the heat to minimum or turn off if electric burner, cover and let steam for 5-10 min. Then remove lid and stir. Add more liquid if necessary, and let sit covered until desired consistancy. Before serving, mix with stuffing removed from turkey. Moisten with pan drippings if too dry, or stir uncovered over medium heat if too moist. A "stuffing" not cooked inside the bird is properly called "dressing".

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